

# Emergency Contraception

## *Plan B and other options: Which is right for you?*

The sooner emergency contraception (EC) is taken after unprotected sex, the better it works to prevent pregnancy.

### **Available for sale without a prescription**

- **Plan B and its generic versions (pill)** are appropriate for those who ...
  - have a body weight/mass (BMI\*) under 26
  - had unprotected sex within the last 3 days (most effective within 3 days; can be used within 120 hours)

*Generic options are the medical equivalent of Plan B, offered at a lower price. With a prescription, some insurance plans (including SHP/SHP+) cover Plan B at no cost.*

### **Available by prescription only**

- **Ella (pill)** is appropriate for those who ...
  - are of any body weight/mass (BMI\*)
  - had unprotected sex within the last 5 days
  - had sex mid-cycle (are nearing ovulation)

*Typically can be prescribed the same day. Cost will depend on your insurance (covered at no cost by SHP/SHP+).*

- **Paragard IUD (copper intrauterine placement)** is the most effective EC available, and is appropriate for those who ...
  - are of any body weight/mass (BMI\*)
  - had unprotected sex within the last 5 days
  - want EC that will also prevent pregnancy for years

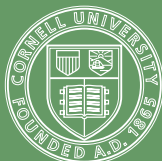
*Requires an office visit for IUD placement; call 607-255-5155 for an appointment. Cost will depend on your insurance (covered at no cost by SHP/SHP+).*

**Need a prescription?** See side 2.

Cornell

# Health

health.cornell.edu



## Not sure which EC option is right for you?

Ask to speak with a pharmacist, or call us for consultation at 607-255-5155.

## Need a prescription?

We know that EC is time-sensitive, so we prioritize same-day EC prescriptions whenever possible. Visit our front desk, or call us at 607-255-5155.

## Why is BMI important?

Research shows that certain EC options are more effective when an individual's Body Mass Index (BMI) falls within a certain range. (See front of card for details.)

You can calculate your BMI on the CDC's website: [cdc.gov](https://www.cdc.gov).

\*Calculate your BMI:



## Concerned about pregnancy, STIs, or non-consensual sex?

Pregnancy tests are available for sale at the Cornell Health Pharmacy. For additional care, schedule an appointment to speak with a CAPS counselor or receive pregnancy options referrals.

If you're concerned you may have been exposed to a sexually transmitted infection (STI), you can schedule a free STI screening at Cornell Health.

If you have concerns about non-consensual sex, you can speak with a CAPS counselor or one of our Victim Advocates.

**Call us at 607-255-5155 to consult with a provider (24/7) or to schedule an appointment.** Some appointments can also be scheduled online: [health.cornell.edu/appointments](https://health.cornell.edu/appointments).

## Other options in the community

EC options are also available through community providers, including Planned Parenthood, which may charge on a sliding scale for those who need assistance: [plannedparenthood.org](https://plannedparenthood.org).