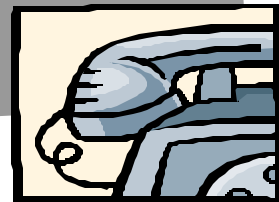


IT'S YOUR CHOICE!!



If you've had sex within the last 3 days andyou didn't use birth control...the condom broke...you missed your birth control shot...you missed 2 or more birth control pills...your diaphragm slipped...or you were forced to have sex against your will....

For more information about Emergency Contraceptive Pills, call the **CHOICE Hotline 215-985-3300 or 800-848-3367**

You might want to use Emergency Contraceptive Pills.

What are Emergency Contraceptive Pills?

Emergency Contraceptive Pills are a safe, effective way to prevent pregnancy **after** sex. They are also known as Morning After Pills or ECPs.

ECPs work for 3 days after sex. They reduce your chance of getting pregnant by 75-85 %.

ECPs always require a doctor's prescription and some types of regular birth control pills can be used in special doses as ECPs. To date, there are two brands of pills that are sold only as ECPs — Plan B and Preven.

How do ECPs work?

ECPs can prevent pregnancy by stopping the release of a woman's eggs from her ovaries. They also may stop fertilization of the egg by the sperm or prevent a fertilized egg from attaching to the wall of the uterus. If you are already pregnant, ECPs will have no effect.

ECPs are not abortion pills.

How safe are ECPs?

ECPs are very safe for almost all women, according to the U.S. Food and Drug Administration. As with all medication, check with your doctor to see if there is any reason you should not use ECPs.

Are there any side effects?

Side effects from ECPs usually last only one or two days. ECPs make some women feel sick to their stomach or vomit. You can take anti-vomiting medication at the same time you take ECPs to help with an upset stomach. Some women may experience sore breasts or headaches. ECPs can also cause your period to come a little early or late.

Why not use ECPs for birth control all the time?

If you are having sex and do not want to become pregnant, a regular birth control method like the pill, condoms or Depo Provera ("the shot") will provide more protection than ECPs. In addition, ECPs do not prevent infections like HIV/AIDS. Using a barrier method, like a condom, is the best way to prevent HIV/AIDS and other sexually transmitted infections.

How can I find ECPs?

Call your regular health care provider or a family planning clinic and tell them you need ECPs. If you don't know where to go or your health care provider does not know about ECPs, call **the CHOICE Hotline at 215-985-3300 or 1-800-848-3367**. The CHOICE Hotline is open from 8am - 8pm Monday - Thursday; 8am - 5pm Friday; 9am - 1pm Saturday; and 12pm-4pm Sunday.

If the CHOICE hotline is closed, call **The National Emergency Contraception Hotline 1-888-NOT-2-LATE (1-888-668-2528)**. A recorded message will give you information and the names of five clinics near you where they provide ECPs. Both hotlines are free, confidential and available in English and Spanish.

How much do ECPs cost?

The cost of ECPs includes both the pills and the visit to the doctor or nurse. If you decide to go to a family planning clinic, the pills can cost \$5 or less. The cost of the visit is based on a sliding fee scale, so how much you pay depends on how much you earn. To purchase ECPs at a pharmacy can cost between \$20 and \$40 but part of the cost may be covered by insurance.