

What if it doesn't work?

If you get pregnant and continue the pregnancy, it won't hurt the fetus.

If you decide to end the pregnancy, abortion is legal, available and covered by your health card. ECP will not cause an abortion.

Will I still be able to get pregnant in the future?

ECP does not affect your fertility.

Need More Information?

AIDS & Sexual Health
InfoLine

416-392-2437 or
1-800-668-2437

toronto.ca/health

SEXED? 

 **TORONTO** Public Health

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Condom broke?

He didn't pull out?

Didn't
use anything?

You need

Emergency
Contraceptive
Pills
(ECP)

What's ECP?

ECP is medication that can prevent pregnancy.

What's in it?

Some types of ECP have two hormones; others have only one. Plan B only has progestin. Health Canada has approved Plan B as the medication to be used in pharmacies without a prescription.

Does it really work?

It's 75% – 85% effective. It can be even more effective in the first 24 hours. ECP works best if you take it as soon as possible after unprotected sexual intercourse. Most women take it some time in the first three days; but you can take it up to 5 days after unprotected sex.

Are there any side effects?

Plan B causes very few side effects. However, your period may come sooner or

later than usual and may look a little different.

Where can I get it?

You can get Plan B from a sexual health clinic. It is inexpensive. Even if you don't have a problem right now, you can get Plan B to take home in case you are worried about a problem in the future. In a pharmacy, the pharmacist will ask you some questions and explain how it works.

Plan B is more expensive in pharmacies because they charge a counselling fee.