SHS
Student Health Service

715-836-5360
www.uwec.edu/shs

Emergency Contraception

Did you KNOW...

There are **3 different** types of emergency contraception?

They are **NOT** all equally effective.

Effectiveness may vary depending on the timing of unprotected intercourse and a woman's body size.

Use this chart to see which method may be most effective for your situation:	**Plan B®** Levonorgestrel tablet	**ella®** Ulipristal tablet	**Paragard®** Copper IUD
Intercourse within past 72 hours (3 days)	✓	✓	✓
Intercourse 72-120 hours (3-5 days) ago	Less effective but you can still use it	✓	✓
Body Mass Index (BMI) over 25	Possibly less effective & may not work with a BMI over 30	May be less effective with a BMI over 35	✓

Now that you KNOW...

Here is how to obtain the method you need:

Plan B: No prescription needed. Available for men and women at **Student Health Service** or some pharmacies.

ella: Prescription needed. Available at **Student Health Service,** www.ella.kwikmed.com, or some pharmacies.

Paragard: Needs to be inserted by a health care provider.
Not available at Student Health Service due to cost.
(The only emergency contraceptive that provides ongoing birth control for up to 10 years.)

Not sure or have questions?

Call **715-836-4311** and ask to talk with a nurse.