

## Emergency Contraception: Know the Facts!

**MYTH:** Emergency contraception (EC) is an abortifacient and will end a pregnancy.

**FACT:** EC is contraception that prevents pregnancy after sex. It will not harm or end an existing pregnancy.

**MYTH:** Plan B One-Step® is the only type of EC currently available.

**FACT:** There are three types of EC currently approved for use:

1. Plan B One-Step®, a single pill made of the hormone levonorgestrel, is available over-the-counter without a prescription. There are also numerous generic versions of Plan B One-Step® that should be stocked right next to the Plan B One-Step®.
2. ella®, a single pill made of ulipristal acetate, is available by prescription only.
3. ParaGard®, a copper intrauterine device (IUD) that does not contain hormones and is the most effective form of EC, is inserted by a health

**MYTH:** You must go to the pharmacy counter and show identification to purchase levonorgestrel-based EC pills.

**FACT:** Plan B One-Step® and its generics are approved for over-the-counter sale and are available on the shelves at most retail stores, as well as health clinics and many campus health centers.

**MYTH:** You have to be an adult woman to purchase EC pills.

**FACT:** Plan B One-Step® and its generics are approved for sale to all people regardless of age or gender. No ID check required.