

## ECPs: Instructions For Use

**Emergency Contraceptive Pills (ECPs) must be taken within 3 days after sex.** Any of the birth control pills listed below can be used as ECPs. Use only the type of pill your health care provider prescribed for you. **Use only one type of pill.**

<b>If you are taking</b>	<b>Number of pills to swallow as soon as possible (first dose)</b>	<b>Number of pills to swallow 12 hours later (second dose)</b>
Ovral	2 white pills	2 white pills
Alesse	5 pink pills	5 pink pills
Levlite	5 pink pills	5 pink pills
Nordette	4 light-orange pills	4 light-orange pills
Levlen	4 light-orange pills	4 light-orange pills
Levora	4 white pills	4 white pills
Lo/Ovral	4 white pills	4 white pills
Triphasil	4 yellow pills	4 yellow pills
Tri-Levlen	4 yellow pills	4 yellow pills
Trivora	4 pink pills	4 pink pills

- **One hour before** the first ECP dose, take an anti-nausea medicine (like Dramamine II or Benadryl) to reduce the chance of nausea. Repeat according to labeled instructions. This may make you feel tired, so don't drive or drink any alcohol.
- Take the first ECP dose as soon as convenient **within 3 days (72 hours)** after unprotected sex (try to time the first dose so that the timing of the second dose will be convenient).
- Take the second ECP dose 12 hours after the first dose. **Important: Do not take any extra ECPs.** More pills will not make the treatment work better. More pills will increase your risk of feeling sick to your stomach.
- Until you get your next period, use condoms, spermicides, or a diaphragm if you have sex after using ECPs. Talk to your health care provider about other regular birth control methods you can use in the future.
- Your next period may be a few days early or late. **Important: Do a home pregnancy test or see your health care provider if your period has not started within 3 weeks after ECP treatment. You may be pregnant.**

English

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