

FAQs

What type of Emergency Contraception (EC) is available on campus at UML?

- The campus EC vending machine located in Fox Hall is stocked with My Way/Levonorgestrel 1.5mg tablets. These are progestin-based pills. Some people are more familiar with the brand name Plan B – the medication in the vending machine is equivalent to Plan B, just a different brand.

How do I take the levonorgestrel pill?

- Take one pill within 3 days (72 hours) after having unprotected intercourse (or if the condom broke, you've missed doses of your usual birth control method, etc). The sooner you take it, the more effective it will be. It may not be effective after 3 days post-intercourse.

What are the potential side effects?

- The single dose of levonorgestrel is very safe. It could cause some nausea, cramping, headache, or a slight irregularity in timing/flow of your next period.

What else do I need to know about this form of emergency contraception?

- It may not be as effective in preventing pregnancy in people weighing more than 165 lbs. If you weigh more than 165 lbs, there are other more effective forms of EC available that can be used up to 5 days after having unprotected intercourse, but they will require a prescription and/or appointment with a healthcare provider.
- EC is **NOT** an abortion pill. It does not end or harm a pregnancy that has already occurred.

WHEN TO SEEK MEDICAL CARE

- If you do not get a period after 3 weeks after taking EC, take a pregnancy test or make an appointment with Health Services for a pregnancy test.
- It is best not to rely on EC as a regular form of birth control. To learn more about other forms of longer-term contraception, you can make an appointment with a nurse practitioner in Health Services.
- If you have a positive pregnancy test and develop pelvic pain, vaginal bleeding, or fever.
- If your sexual encounter was nonconsensual. (See additional resources in 3rd QR code below)

ADDITIONAL RESOURCES



MA Dept of Public Health
The Facts about Emergency Contraception



Planned Parenthood
Which kind of emergency contraception should I use?



UML Office of Student Life and Wellbeing
Reproductive Health Resources