

Instructions for Taking Emergency Contraceptive Pills (ECPs or Morning After Pills)

Please read the following instructions very carefully!
It is important to take the pills exactly as prescribed and as soon as possible after unprotected intercourse.

Treatment should be started as soon as possible after unprotected intercourse to be most effective. If more than 120 hours (5 days) have passed since the first time you had unprotected sex after your last period, do not start ECPs.
Contact your healthcare provider as soon as possible.

What to expect

You may experience some nausea and abdominal pain.

If vomiting occurs:

Within 2 hours of taking the ECP:

*If you vomit within 2 hours of taking the ECP, call Student Health Services at 619-594-5281 or call our after hours nurse advice line at (858) 225-3105. **You will need to pick up additional ECPs and a medicine to prevent nausea.***

More than 2 hours after taking the ECP:

*If you vomit more than two hours after taking the pill(s), **don't worry, the medication is already in your system.***

Your next menstrual period should begin within one week of when it is expected. You may have some spotting before then. You may take aspirin or ibuprofen to relieve any cramping that may occur. If your period is more than one week late, check with your healthcare provider to see if you are pregnant.

If the ECPs fail and you become pregnant, the options available to you can be discussed with your healthcare provider or the Health Promotion Department at Student Health Services. Available data suggest that there is no risk to the fetus if the treatment fails or is taken during an already established pregnancy.

Remember to use condoms, spermicides, or a diaphragm to prevent pregnancy if you have sex before your next period. After that, you can use any regular method of contraception. Talk with your healthcare provider if you would like to use a prescription birth control method.

If you are a current oral contraceptive user

If you are a current oral contraceptive user and are taking ECPs because of missed pills and would like to continue using oral contraceptives as your main method of birth control, continue taking one pill every day until the end of your current pack. You should get your period during the last week of the pack.

Remember to use a back-up method such as condoms, spermicides, or a diaphragm until after you get a period.

If you would like to start oral contraceptives?

If you are not currently using oral contraceptives and would like to start, you may start the pill on the day following your last dose of ECPs. Ask your healthcare provider for a prescription.

You should get your period during the last week of the pack.

Remember to use a back-up method such as condoms, spermicides, or a diaphragm until after you get a period.

For More Information:

Student Health Services 619-594-5281 Visit Our Website at shs.sdsu.edu
Health Promotion. 619-594-4133 Facebook/Twitter. Facebook.com/aztehealth &
Emergency Contraception Hotline. 1-888-NOT-2-LATE @AZTEHealth