



next inSTALLment



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Emergency Contraception???

Emergency contraception is a way to reduce the risk of pregnancy after having unprotected sex (sex without some type of birth control). Emergency methods include taking Emergency Contraceptive Pills (ECP's)

– **What are Emergency Contraceptive Pills (ECP's)?**

Plan B are ECP pills which must be taken in specific doses to help prevent pregnancy. **The sooner they are taken the more effective the results. ECP should be taken within 3 days of unprotected sex.**

ECP's can prevent pregnancy by temporarily stopping eggs from being released. They may also stop fertilization or stop a fertilized egg from attaching to the uterus. However, they will not work if you are already pregnant.

– **Are ECP's safe?**

The FDA has stated that ECP's are a safe choice that can greatly reduce the chance of pregnancy after unprotected sex. However, if you consider ECP's, you should talk to your health care provider about possible reasons why you shouldn't take them.

– **When should you use Emergency Contraception?**

Emergency contraception is not for regular use. It should be used only in emergencies, including when:

- ⊗ You had sex without birth control and do not want to become pregnant.
- ⊗ The condom broke or your diaphragm slipped.
- ⊗ You missed two or more birth control pills, or were two or more days late starting your pack.
- ⊗ You were forced to have sex.

Emergency contraception should not be used repeatedly because it is less effective than ongoing, correct use of regular birth control methods. It is better to use a more effective birth control method. Both regular birth control and ECP's are available at Student Health Services. For more information call the Student Health Center ext.4400 and speak to Colleen Leidy, RN.

Sources: Emergency Contraception - Morning After Treatment - What You Need To Know, provided by PATH. A nonprofit, international organization with the mission to improve the health of women and children.

The *next inSTALLments* can now also be found at www.whittier.edu: click on Student Life, click on Wellness Letter: or sign on to MyWhittier.edu, click on Campus Life, click on Wellness Coalition, click on Wellness Letter.

