



A Quick Reference Guide to Providing Emergency Contraception in Idaho

Emergency contraception is defined as **birth control** that women can use to prevent pregnancy after known or suspected failure of contraception or unprotected intercourse, including sexual assault.

How does emergency contraception work?

- ✧ Oral medications work by delaying ovulation
- ✧ IUD's work primarily by preventing fertilization
- ✧ Emergency contraception **is NOT an abortifacient**
- ✧ **All methods are legal under Idaho law**

When should I discuss emergency contraception with my patients?

- ✧ **Emergency contraception is appropriate to discuss with all patients who can get pregnant.**
- ✧ **Write advanced prescriptions for emergency contraception (Ella™) to increase its use and reduce unwanted pregnancies.** You don't have to wait for them to ask!
- ✧ The American College of Obstetricians and Gynecologists states that **no clinical examinations or pregnancy tests are required** to provide oral emergency contraception

What are the types of emergency contraception?

- ✧ **Ulipristal Acetate (Ella™)**
 - Available by prescription only
 - Covered by most medical insurances, including Medicaid
 - Effective up to 5 days after unprotected intercourse
- ✧ **Levonorgestrel (Plan B™)**
 - Available over the counter. Costs about \$40-50. This may be a barrier to some patients. There are other generics that may cost less
 - Effective up to 5 days after unprotected intercourse, though efficacy starts to decline after 3 days and is ineffective in obese patients
- ✧ **IUD - Paragard™, Mirena™, or Liletta™**
 - Must be placed in a provider's office who is trained in IUD placement
 - Very effective (>99%) up to 5 days after unprotected intercourse
 - Typically covered by insurance, though there may also be an insertion fee
 - Best used for someone who also desires a long-acting reversible contraceptive method, but can also be used for a single menstrual cycle

More questions? Please contact us at contact@icsrhc.org for more information or to be connected with an Idaho physician.