

Emergency Contraception Options			
	Copper Intrauterine Device (Paragard® IUD)	Ulipristal acetate (ella®)	Levonorgestrel (Plan B, Plan B One-Step® and Others)
Mechanisms of Action	Copper ions create a hostile environment impacting sperm motility	Delays or interferes with ovulation	Suppression of luteinizing hormone, prevents ovaries from releasing eggs while preventing sperm motility
Ease of Access	Healthcare provider inserts during routine visit	Prescription required	Available at most pharmacies without a prescription
Efficacy	99% if inserted within 5 days (120 hours) after unprotected intercourse	85% if taken within 5 days (120 hours) after unprotected intercourse	89% if used within 3 days (72 hours) after unprotected intercourse
Effectiveness Time Frame	May be inserted up to 5 days following intercourse; effectiveness does not decrease over time	May be used up to 5 days following intercourse; effectiveness does not decrease over the 120 hour treatment window	Most effective in the first 3 days, may be used up to 5 days following intercourse.
Body Weight Considerations	Effectiveness not impacted by body weight	May be less effective in patients with BMI ≥ 30 , especially if BMI $> 35^a$	May be less effective in patient with BMI $\geq 25^a$
Resuming or Starting Hormonal Contraception	Maintain in place for continued use up to 10 years; additional hormonal contraception not necessary.	Wait at least 5 days between administration and resuming or starting hormonal contraception. *Effectiveness may be decreased if taken while using hormonal contraception.	May resume hormonal contraception methods immediately
Pregnancy Prevention Considerations	Protects against pregnancy upon insertion for that episode of unprotected intercourse and subsequent episodes for at least 10 years as long as IUD remains in place	Use of a condom is required for all intercourse prior to resuming or initiating hormonal contraception Once hormonal contraception is resumed or initiated: Use of a condom for all intercourse is required for the initial 7 days If not resuming or initiating hormonal contraception: Use of a condom is required for all intercourse	Once hormonal contraception resumed or initiated: Use of condom required for next 7 days If not resuming or initiating hormonal contraception: Use of condom is required for all future intercourse
Contraindication(s)	Pregnancy, anatomical features which prevent IUD insertion, and copper allergy	Known or suspected pregnancy	Pregnancy
Adverse Effects	May cause menstrual cramping, heavier periods, irregular menses, anemia, back pain, and fainting immediately following insertion.	May cause headache, nausea, and abdominal pain	May cause nausea, vomiting, heavier menstrual bleeding, spotting

Note. Adapted from Upadhyia, K.K., & American Academy of Pediatrics Committee on Adolescence [AAP]. (2019). Emergency contraception. *Pediatrics*, 144(6), Article e20193149. <https://doi.org/10.1542/peds.2019-3149>

^aDespite the impact of body mass index on efficacy, patients who do not want to use or do not have access to a copper IUD should be offered emergency contraception pills (Upadhyia & AAP Committee on Adolescence, 2019)