

## What you need to know

If you've experienced a forced or coerced sexual encounter, you have the right to emergency contraception (EC). It should be offered to you when you visit an emergency department or healthcare facility for medical care.

You can receive emergency contraception whether or not you choose to report the assault to law enforcement or have a Forensic Medical Exam (FME). The choice is always yours.

### Your Emergency Contraception Options

#### Emergency Contraceptive Pills

- **Levonorgestrel (Plan B or "morning-after pill")**
  - This pill works by preventing or delaying ovulation. It is most effective when taken within 3–5 days after unprotected sex and can reduce the risk of pregnancy by up to 50–90%.
- **Ulipristal Acetate (Ella)**
  - This pill also prevents or delays ovulation and may prevent a fertilized egg from implanting. It may be more effective than Plan B, especially for people who weigh between 165–195 pounds. It is also best taken within 3–5 days.

#### Copper Intrauterine Device (IUD)

This is the most effective form of emergency contraception—close to 100% effective. It is not usually offered in the emergency room but may still be an option. Talk to your provider if you'd like to learn more about this method.

#### Before You Decide...

If your pregnancy test is negative, your healthcare provider can discuss available emergency contraception options with you. Emergency contraception does not work if you are already pregnant. Oral emergency contraception is not an abortion pill.

### Know Your Rights

Scan the QR code or click the link below to access Louisiana's Sexual Assault Survivors' Bill of Rights and your region's Sexual Assault Response Plan.

<https://ldh.la.gov/page/sexual-assault-response-plans>

