



**An Ounce of
Prevention**



**A Pound of
Cure**



**It's time
to change the
conversation.**

**DC
Campaign
to Prevent
Teen Pregnancy®**

**A Pound of Cure:
Emergency Contraception**

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DC Campaign to Prevent Teen Pregnancy is a private, non-profit, non-governmental 501 (c) (3) organization established in 1999 whose mission is to cut the District of Columbia teen pregnancy rate in half by 2005.

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There are only two ways to prevent pregnancy, either you don't have sex (abstinence) or you use contraception carefully and consistently every single time you do have sex. Just in case your chosen method fails, Emergency Contraception (EC) is available to be used as a back up method.

In 2000, according to the DC State Center for Health Statistics, there were 1,616 reported teen pregnancies among 15-19 year old females in the District of Columbia.¹ Emergency Contraceptive Pills (ECPs) are an important birth control option that could annually prevent as many as 50 percent of pregnancies and resulting abortions among American teens.²

Almost all teens can safely use ECPs. ECPs are the most commonly used method of emergency contraception prescribed for teens. Many teens and young adults do not know about ECPs and how to get them. This guide is designed to answer some of the most frequently asked questions about ECPs. The guide also provides a list of doctors, clinics, and pharmacists in the District of Columbia that provide ECPs.

What Are ECPs?

ECPs are birth control pills that are designed to prevent pregnancy after having unprotected vaginal intercourse.

ECPs, also known as the *morning-after pill*, can be used up to 72 hours after unprotected sexual intercourse.

ECPs contain the same medicine as some regular birth control pills, but in a higher dosage.

PREVEN and *PLAN B* are the two brand name emergency contraception products in the United States. Preven contains the hormones estrogen and progestin and Plan B contains progestin only.

You must get a prescription from a medical provider for all EC products.

How Effective are ECPs?

The effectiveness of ECPs depends upon how early it is taken after having unprotected sex. Use of one of the emergency contraceptive methods within 72 hours of unprotected intercourse can reduce the risk of pregnancy by 75 to 94 percent.³

¹ DC State Center for Health Statistics Administration. (2002) Reported pregnancies and pregnancy rates in the District of Columbia, 1996-2000. Washington, DC: Department of Health.

² Trussell, J. et al. (1992). Emergency Contraceptive pills: a simple proposal to reduce unintended pregnancies. *Family Planning Perspectives* 24:269-73.

³ Ibid.

Frequently Asked Questions:

In what situations may emergency contraception be used?

Emergency contraception can be used after you have unprotected sexual intercourse but do not want to become pregnant.

How do I use ECPs?

The most important step in the use of ECPs is to begin as early as possible after unprotected intercourse. Contact your health care provider to get a prescription for ECPs. The provider will prescribe one of the approved medications for EC and provide detailed instructions for its use.

What are the side effects of ECPs?

Some of the side effects of ECPs can include nausea, vomiting, headaches, dizziness, cramping, fatigue, or breast tenderness. The side effects usually go away within a few days. There are no long term or serious side effects from using ECPs.

If you vomit within 1 hour after taking a dose, some providers recommend that you take another dose. Meclizine, an over the counter medication taken for seasickness, can be taken to reduce the risk of nausea and vomiting.

ECPs can cause irregular bleeding until your next period, and your period may be early or late.

What if I had unprotected sex more than 3 days ago?

If more than 3 days have passed since you had unprotected sexual intercourse, the ECPs may still have some effect. Contact your healthcare provider as soon as possible to talk about the most effective options to prevent pregnancy.

Can I get emergency contraception without my parents' knowledge or consent if I am under 18 years old?

Yes. In the District of Columbia, minors have the right to consent for reproductive health and contraceptive services without parental knowledge or consent. The medical field defines *emergency contraception as contraception*.

What is my risk of pregnancy from unprotected intercourse?

Any act of unprotected sexual intercourse involves some risk of pregnancy, but ECPs can greatly reduce that risk.

Is there a limit to the number of times emergency contraceptive pills can be used?

While there are no safety concerns with using ECPs repeatedly, they are not as effective as any ongoing method of contraception. Rather than depend on ECPs you should consider a regular method that meets your needs.

How can I be sure that the ECPs worked?

You will not see any immediate signs showing whether or not the ECPs worked. Your menstrual cycle may come on time, or it may be early or late. If your period is more than a week later than expected, you may be pregnant.⁴ If you have any questions, call your health care provider.

Do ECPs cause an abortion?

No, use of emergency contraception does not cause an abortion. In fact, emergency contraception prevents pregnancy and thereby reduces the need for induced abortion. Medical science defines the beginning of pregnancy as the implantation of a fertilized egg in the lining of a woman's uterus. Implantation begins five to seven days after fertilization (and is completed several days later). Emergency contraception works before implantation and not after a woman is already pregnant. When a woman is already pregnant, emergency contraception does not work. Emergency contraception is also harmless to the fetus and the mother.⁵

⁴ Consortium for Emergency Contraception. (2002). Adapting materials for local use. Retrieved June 25, 2002, from <http://cecinfo.org/html/res-adapting-mtrls.htm>

⁵ American Society for Emergency Contraception (ASEC) & the International Consortium for Emergency Contraception. Questions about emergency contraception. Retrieved June 25, 2002, from <http://www.Not-2-Late.com>

Emergency Contraception Providers in the District of Columbia

Bette L. Catoe, M.D.

(202) 882-3363

(202) 882-KIDS

5505-5th Street, NW #401

Washington, DC 20011

(Services restricted to established patients or adolescents with insurance)

Suresh C. Goyal, M.D.

(202) 562-4100

1328 Southern Avenue, SE, Suite 316

Washington, DC 20032

(Services to ages 21 and under)

E. James Lieberman, M.D.

(202) 362-3963

The Family Institute

3900 North Hampton Street, NW

Washington, DC 20015

Children's National Medical Center, Adolescent Health Center

(202) 884-5464

111 Michigan Avenue, NW

Washington, DC 20010

(Services restricted to women 20 and younger)

Bread for the City

(202) 265-2400

1525 7th Street, NW

Washington, DC 20001

(Services for uninsured DC residents)

Community of Hope Health Services(202) 232-9022

1417 Belmont Street, NW

Washington, DC 20009

George Washington Student Health Service

(202) 994-6827

2150 Pennsylvania Avenue, N.W.

Washington, DC 20037

(Services restricted to GW students)

Howard University Pediatric Clinic

(202) 865-1304

2041 Georgia Avenue, NW

Washington, DC 20060

(Services restricted to women 18 or younger)

Kaiser Permanente

(703) 359-7878

(Services restricted to HMO members)

Mary's Center for Maternal & Child Care(202) 483-8196

2333 Ontario Road, NW

Washington, DC 20009

Planned Parenthood of Metropolitan Washington

Schumacher Health Care Center (NW)(202) 347-8512

1108 16th Street, NW

Washington, DC 20036

Egypt Health Care Center (NE)

(202) 388-4770

3937A Minnesota Avenue, NE

Washington, DC 20019

Unity Health Care

Upper Cardozo Health Center

(202) 518-6442

3020 14th Street, NW

Washington, DC 20009

Anacostia Community Health Center(202) 610-7160

1328 W Street, SE

Washington, DC 20020

(Services restricted to DC residents)

Walter Reed Army Medical Center

(202) 782-6114

(Services restricted to eligible military families)

Washington Free Clinic

(202) 667-1106

1525 Newton Street, NW

Washington, DC 20010

Washington Hospital Center

(202) 877-7541

(202) 877-7107

110 Irving Street, NW

Washington, DC 2001

Pharmacies That Carry Emergency Contraception Products

Center Pharmacy

(202) 363-9240

4900 Massachusetts Avenue, NW
Washington, DC 20016

Columbia Heights Professional Pharmacy

(202) 232-1455

3316 14th Street, NW
Washington, DC 20010

Grubbs Pharmacy

(202) 543-4400

326 East Capital Street, NE
Washington, DC 20003

Huron Pharmacy

(202) 399-7876

1647 Benning Road NE
Washington, DC 20002

Morgan Pharmacy

(202) 337-4100

3001 P Street, NW
Washington, DC 20007

Morton's Care Pharmacy

(202) 543-1616

720 East Capitol Street, NE
Washington, DC 20003

Neighborhood Pharmacy

(202) 881-1119

1932 Martin Luther King, Jr., Avenue, SE
Washington, DC 20020

New Hampshire Pharmacy

(202) 726-3100

5001 New Hampshire Avenue, NW
Washington, DC 20011

Phamily Pharmacy

(202) 722-0171

6323 Georgia Avenue, NW
Washington, DC 20011

Physician's Office Building Pharmacy(202) 877-6309
106 Irving Street, NE
Washington, DC 20010

Seat Pleasant Drug
(202) 396-3400
350 Eastern Avenue, NE
Washington, DC 20019

Tschiffely Pharmacies
(202) 466-8440
1145 19th Street, NW
Washington, DC 20036

(202) 331-7176
1330 Connecticut Avenue, NW
Washington, DC 20036

(202) 408-5178
50 Massachusetts Avenue, NE (Union Station)
Washington, DC 20002

EC products are also available at **Giant Food, Safeway, Rite Aid, and CVS** pharmacies. Be sure to call your neighborhood pharmacy for availability.

**For 24-hour information, 7 days a week, call / visit the:
Emergency Contraceptive Hotline & Web Site**

1-888-NOT-2-LATE
www.not-2-late.com