

You can obtain the emergency contraceptive pill without a prescription directly from a pharmacist

The consultation at the pharmacy is free.

You must present your health insurance card to the pharmacist.

The emergency contraceptive pill is covered by public and private prescription drug insurance plans.

Girls under 14 need the consent of a parent or guardian to obtain the emergency contraceptive pill.

You can also obtain the emergency contraceptive pill by consulting a health professional at:

- A medical clinic
- A youth clinic
- A CLSC
- School
- A planned parenthood clinic

FOR MORE INFORMATION

YOUR CLSC INFO-SANTÉ LINE

www.msss.gouv.qc.ca/infosanteclsc

TEL-JEUNES

(514) 288-2266 (Montréal area)

1 800 263-2266 (toll free)

www.teljeunes.com

SOS GROSSESSE

Québec City, Eastern Québec

(418) 682-6222 (Québec City area)

1 877 662-9666 (toll free)

<http://pages.globetrotter.net/sosgrossesse>

SOS GROSSESSE

Eastern Townships

(819) 822-1181 (Sherbrooke area)

1 877 822-1181 (toll free for the Eastern Townships)

www.sosgrossesseestrie.qc.ca

sosgrossesseestrie@abacom.com

GROSSESSE SECOURS

Montréal

(514) 271-0554 (Montréal area)

WEBSITES

www.planningchrr.com

www.masexualite.ca

www.jcapote.com

www.not-2-late.com

Santé
et Services sociaux

Québec 

www.msss.gouv.qc.ca

Did your birth control method work?
Did you have unprotected sex?
Are you worried about an unplanned pregnancy?

THE EMERGENCY CONTRACEPTIVE PILL



Québec 

The emergency contraceptive pill

This is an emergency birth control method used to prevent pregnancy.

It's also known as the emergency oral contraceptive (EOC) and the morning-after pill.

You must take it as soon as possible after unprotected sex. For example:

- **The condom broke.**
- **You missed more than one dose of your regular birth control pills.**
- **You are late for your contraceptive injection or patch.**
- **No birth control method was used.**

The sooner you take it, the better it works

You can use the emergency contraceptive pill up to 5 days after unprotected sex.

The pill is 95% effective if taken within 24 hours of unprotected sex. Its effectiveness gradually decreases the longer you wait.

The pill works by stopping or delaying ovulation.

It doesn't have any effect if you are already pregnant.

If it has been more than 5 days since you had unprotected sex, other solutions are available. Consult a doctor.

How to take the emergency contraceptive pill

Take 2 pills at the same time as soon as possible

or

1 pill as soon as possible and the other 12 hours later.

There are few side effects. The most common are nausea and vomiting.

If you vomit within one hour of taking your pill(s), you must take a new dose.

If your period does not start within three weeks of taking the emergency contraceptive pill, take a pregnancy test.

Double your protection for peace of mind

Double protection means guarding against STDs and preventing an unplanned pregnancy.

If you have unprotected sex after taking the emergency contraceptive pill, you still run the risk of an unplanned pregnancy.

The emergency contraceptive pill provides no protection against STDs, HIV, or hepatitis. If you've had sex without a condom with a new partner or a partner at risk, it's important to be tested.

Consult a health professional who can advise you on finding a regular birth control method and protecting yourself from STDs, HIV, and hepatitis.

