



University of Pennsylvania
Student Health Service
Women's Health



Emergency Contraceptive Pill Request

Two forms of emergency contraceptive are available. The type of medication you choose is dependent upon a few factors. Please review the recommendations below to determine which medication is appropriate for you today.

If you answer NO to any of the questions below, please see a provider to determine if the emergency contraceptive pill is appropriate to take today

I am purchasing Next Choice for someone else or for future use - Review guidelines below and skip to signature section at the bottom of this page Yes\_\_

Next Choice (levonorgestrel 1.5mg)

- I have had unprotected vaginal intercourse or condom failure within the last 72 hours Yes \_\_\_ No \_\_\_
I weigh less than 166 lbs /~80 kg or have a BMI less than 26 Yes \_\_\_ No \_\_\_
My last menstrual period was normal and at the time expected Yes \_\_\_ No \_\_\_
This was my only unprotected intercourse since my last normal menstrual period Yes \_\_\_ No \_\_\_

OR

Ella (ulipristal acetate 30 mg)

- I have had unprotected vaginal intercourse or condom failure within the past 5 days Yes \_\_\_ No \_\_\_
I weigh more than 165 lbs /~80 kg or have a BMI greater than 25 and less than 36 Yes \_\_\_ No \_\_\_
My last menstrual period was normal and at the time expected Yes \_\_\_ No \_\_\_
This was my only unprotected intercourse since my last normal menstrual period Yes \_\_\_ No \_\_\_

If Ella is the right choice for you today, you will be seen by a provider, as Ella is only available with a prescription. Ella is available at SHS for purchase for \$25.

Students may purchase the Emergency Contraception Pill ("ECP"), Next Choice One Dose, at the SHS cashier. Next Choice One Dose is available without a prescription at the cashier's office for \$20. Students must bring their Penn IDs and complete the following information prior to purchase.

I have read and understood the information presented

Name: \_\_\_\_\_ Date \_\_\_\_\_ Penn ID#: \_\_\_\_\_

Signature \_\_\_\_\_ Date of Birth: \_\_\_\_\_



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**Next Choice One Dose is approved by the Food and Drug Administration. It is most effective (failure rate 2-3 %) in preventing pregnancy if taken within 12-24 hours of an unprotected event.**

**What to expect when taking Next Choice One Dose**

- Take the one **Next Choice One Dose** pill immediately with food.
- **Risks and Side Effects:** No serious complications have been reported. Minimal side effects may include nausea and irregular bleeding. Less common side effects include dizziness, fatigue, headache, breast tenderness, and lower abdominal pain. It is less effective in obese and overweight women.
- **If vomiting occurs within 3 hours of taking Next Choice One Dose please call SHS**
- **Please note that your next period may be a few days earlier or later than normal.**

**Return to Women's Health for a pregnancy test if you do not get a NORMAL period in 3 weeks or if you have persistent bleeding and/or pelvic pain.**

**Consider scheduling sexually transmitted infection testing in Women's Health in 10-14 days**

Condoms must be used for the rest of the month after taking **Next Choice One Dose** – if you have unprotected intercourse again in the same month after taking **Next Choice One Dose**, you **will not** be protected from pregnancy and may need to take it again.

**Free Condoms are available at the cashier's office – Just show your ID**

**Contraceptive Counseling is available at Women's Health**

**Consider scheduling an appointment in Women's Health to discuss more effective methods of contraception. Call 215-746-3535 to schedule.**