

*Answers to Your Questions about...*

# Emergency Contraception

THE MORNING-AFTER PILL



## What is it?

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Emergency contraception (also known as the morning-after pill or EC) is a high dosage of the birth control pill. Those who promote EC claim it may be used after sexual intercourse, over a period of 72 hours, to prevent pregnancy. But there are things these people aren't telling you.

EC consists of multiple doses of pills taken at specific time intervals. Pills used for "emergency contraception" contain the same steroids found in the typical birth control pill. But no studies have been done on these pills' impact. Despite potentially harmful effects on women, especially on still-developing teen girls, the U.S. Food and Drug Administration has approved EC, even making one version available without a prescription for women over 18.

## How does it work?

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EC has three possible ways in which it can work:

1. Ovulation is inhibited, meaning an egg will not be released;
2. The normal menstrual cycle is altered, delaying ovulation; or
3. The lining of the uterus is irritated, so that if the first and second actions fail, and a child is conceived, this tiny baby boy or girl will die

before he or she can actually attach to the lining of the uterus. In this third action, her body rejects the tiny baby and the child will die. This is called a chemical abortion.

## Is it safe?

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No. Here are some of the side effects:

- nausea
- vomiting
- breast tenderness
- ectopic pregnancy (can be life threatening)
- blood clot formation

Emergency contraception also leaves a woman vulnerable to sexually transmitted diseases including AIDS. There are also no long-term studies to show if women could be permanently injured, or risk such diseases as cancer, from these chemicals being given in such high doses.

## What is my best option?

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Some people may try to convince you that emergency contraception is totally without risk. But that is not true. EC could be harmful to you. It also has the potential to abort your baby — without you ever knowing it.

Chastity is the best choice for single people. It helps you stay healthy and assures that you will not be faced with a so-called emergency in the first place. If you are married, be faithful to your spouse; and if you really have sufficient reason to avoid having a baby right now, learn about natural family planning.

Why take chances with your physical or emotional health when you have such excellent options?

Be good to yourself.  
Don't use the  
morning-after pill.

**Sources:**

*A Consumer's Guide to the Pill and Other Drugs*, by pharmacist/researcher John Wilks.

"Infant Homicides Through Contraceptives," by pharmacist Bogomir Kuhar; 2nd edition, 1995.

The medical consultant for this brochure is Chris Kahlenborn, M.D. Dr. Kahlenborn is the president of the Polycarp Research Institute and the author of the book: *Breast Cancer: Its Link to Abortion and the Birth Control Pill*.

When you say  
"morning-after pill,"  
what specific brands are  
you talking about?

Two brand names appear on pills that are specifically labeled emergency contraceptives:

- **Plan B**
- **Preven**

Many other brands of regular birth control pills are also used in specific doses for this purpose. These include:

- Alesse
- Cryselle
- Levlen
- Lo/Ovral
- Nordette
- Ovral
- Portia
- Aviane
- Lessina
- Levlite
- Low-Ogestrel
- Ogestrel
- Ovrette

**... but the companies that make these pills  
aren't telling you the whole story!**

Info is from Princeton University:  
<http://ec.princeton.edu/questions/>



**This information is also available as a color brochure.  
Shop online at [www.ProLifeGear.com](http://www.ProLifeGear.com) or call toll-free 866-LET-LIVE.**

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