



EMERGENCY CONTRACEPTION

Emergency contraception helps prevent pregnancy after unprotected sex or contraceptive failure, and is available over the counter without a prescription.

Plan B One-Step® is currently available at no cost, while supplies last, at the Student Health Clinics to all registered FIU students through a nursing appointment, courtesy of FIU Student Government and FIU Sexual Education Club.

Additional Levonorgestrel (LNG) options are also available for purchase through campus Pharmaboxes or at the local pharmacies.



The content in this brochure is adapted from the Reproductive Health Access Project, with modifications to reflect the specific services and resources available at FIU Student Health Clinics.

STUDENT HEALTH CLINICS

MMC - Student Health Center
BBC - Student Health Clinic
305-348-8385
studenthealth.fiu.edu

HEALTHY LIVING PROGRAM

MMC - Student Health Center 180
305-348-4020
hlp.fiu.edu

@fiushw
shw.fiu.edu

FIU | Student Health
and Wellness

EMERGENCY CONTRACEPTION

Emergency contraception (EC) is birth control you can use after unprotected sex. It prevents a pregnancy after unprotected sex. EC does not end a pregnancy and will not work if you are pregnant.





Medication	Copper or Levonorgestrel*	Ulipristal acetate (UPA)	Levonorgestrel (LNG)
Brand names	Mirena®, Liletta®, Paragard®	ella®	Plan B® One-Step, Next Choice® and others
How well does it work?	The IUD has very high effectiveness. It lowers your chance of getting pregnant by more than 99%. Your weight does not matter.	The sooner you take it, the better it works. UPA has high to medium effectiveness. It may not work as well if your body mass index (BMI) is over 30.	The sooner you take it, the better it works. LNG has low to medium effectiveness. It may not work as well if your body mass index (BMI) is over 25.
How does it work?	The IUD is a T-shaped plastic rod that stays in your uterus. It prevents sperm from getting to the egg.	UPA mimics and blocks progesterin. While taking UPA, it stops your ovaries from releasing eggs.	LNG is a progestin hormone, similar to one your body makes. While taking LNG, it stops your ovaries from releasing eggs.
When do you take it?	You can have the IUD inserted up to 5 days after unprotected sex to prevent pregnancy. It works as birth control for up to 12 years (Copper) or 8 years (Liletta/Mirena). You can have the IUD removed any time you want.	UPA works for up to 5 days after unprotected sex but is most effective the sooner it's taken. Do not use UPA if you've taken hormonal birth control or LNG (Plan B) in the past 7 days, and wait 5 days after taking UPA before starting hormonal birth control or using other emergency contraception.	LNG is most effective within 72 hours but can work up to 5 days after unprotected sex. Some packs contain one pill, others two—take all pills in the pack at once. You can start or continue hormonal birth control immediately after taking LNG.
What happens to your body?	A clinician inserts the IUD into your uterus. You may have cramps and spotting for a few hours.	Most people who take EC pills feel fine. Some people have nausea, vomiting, headache, dizziness, belly pain, or breast/chest pain for 1-2 days after taking the pills. Your next period may come a few days early or a few days late. You can get pregnant if you have unprotected sex again.	
How much does it cost?	If it's not covered by insurance, the IUD may cost \$1,000 - \$2,000. Many insurance plans cover the IUD.	UPA is only available with a prescription. It costs around \$50, but many insurance plans cover it.	LNG costs about \$7-\$60 for 1 dose. Many insurance plans cover LNG. Although some brands are available over the counter, a prescription may be required for insurance to cover the cost.
How do you find it?	An IUD must be inserted by a healthcare provider. Currently, FIU Student Health Clinics does not offer this service. You can call Student Health Clinics to request a list of local clinicians who perform IUD insertions.	Once you have a prescription, you can take it to your local pharmacy. It's a good idea to call ahead to make sure they have it in stock. FIU Student Health Clinics do NOT keep UPA in stock, but you may schedule an appointment to obtain a prescription.	Most pharmacies sell these over the counter. For Fiscal Year 2026, FIU Student Health Clinics offer Plan B free of charge to registered students with a nursing appointment. Additionally, LNG brands are available (for a cost) via the PharmaBoxes around campus.