
EDUCATOR ANSWER KEY—EMERGENCY CONTRACEPTION QUIZ

1. You can only take emergency contraception the morning after unprotected penis-vagina intercourse.
False: You can take oral (hormonal) emergency contraception up to 5 days after unprotected penis-vagina intercourse but is most effective within the first 3 days. The copper IUD can be used up to 7 days after as emergency contraception.
2. Emergency contraception causes you to have an abortion.
False: Abortion refers to terminating a pregnancy; oral emergency contraception prevents ovulation so no conception or pregnancy occurs. Oral emergency contraception will not work if a person is already pregnant.
3. You can take oral emergency contraception up to 5 days after unprotected penis-vagina intercourse.
True: You can take the emergency contraception pill up to 5 days after unprotected penis-vagina intercourse but it is most effective in the first 12 hours.
4. You can take the emergency contraception pill more than once during the same month.
True: While you can technically take the emergency contraception pill more than once in the same month, if it did not work the first time, you may already be pregnant. It can also become hard to discern where you are in your menstrual cycle, so it is important to follow up with a pregnancy test if you are concerned about pregnancy.
5. You need a doctor's prescription to get any kind of emergency contraception.
False: As of 2008, you can obtain the progestin-only emergency contraception pill over the counter in drugstores and pharmacies. The exception to this is Quebec, where accessing the progestin-only emergency contraception pill requires a prescription. In Saskatchewan, you will have to ask the pharmacist for the progestin-only emergency contraceptive pill and they will ask you some questions before giving it to you. In every other province and territory, you have the right to access the progestin-only emergency contraceptive pill on the shelf.
6. You need a parent or guardian's permission to use emergency contraception.
False: It is up to you if you would like to tell your parents or guardians. They should not be informed or notified by the pharmacist. You have the right (regardless of your age) to confidentiality.
7. If you do not get your period right away after taking emergency contraception, you are probably pregnant.
False: You will not necessarily get your period immediately after taking oral emergency contraception. Most people will get their period within 7 days of when they usually expect it. If you do not have your period within 21 days of taking the emergency contraception pill, you should take a pregnancy test.



8. If someone forgets to take their birth control pill, they can take emergency contraception.

True: Yes, you can take oral emergency contraception if you forget to take one or more birth control pills. This should especially be considered if you forget to start a new pack of pills and have unprotected penis-vagina intercourse.



9. The emergency contraception pill can cause side effects.

True: Nausea, dizziness, and breakthrough bleeding are some possible side effects. These possible side effects generally pass quickly.

10. The emergency contraception pill can give you cancer.

False: The emergency contraceptive pill contains a synthetic progestin similar to what the body produces and is not carcinogenic (cancer-causing). The emergency contraceptive pill is approved for use by Health Canada.