

Emergency Contraception: Important Information for Survivors of Sexual Assault

Rape can happen to anyone, anywhere, at any time. No one deserves to be raped. It is not your fault.

While you are at the medical facility, a nurse or doctor will document and treat any injuries you have and may offer you medication to lower your risk of sexually transmitted infection. She/he also will do a special exam to collect physical evidence of the assault and assess your risk for unintended pregnancy.

Ask your doctor about Emergency Contraception (EC). Your doctor will tell you how EC can prevent pregnancy if you take it within 72 hours of sexual contact. EC is a high dose of ordinary birth control pills that can lower your chances of getting pregnant by 75-89%. EC is not an abortion medication.

If this medical facility does not offer or give you a referral for EC, call your local rape crisis center (listed in the yellow pages). Make sure you get a referral, fill your prescription, and take the first dose within 72 hours of sexual contact.

If you can't find a local center, try the following options:

- The MN Coalition Against Sexual Abuse at (800) 964-8847 can give you a referral during normal business hours.
- Call the Emergency Contraception Hotline at (888) NOT-2LATE.
- Call the MN Family Planning Hotline at (800) 78-FACTS

Source: Sexual Assault Resource Service, Minnesota, MN.