Emergency contraception (EC) should be taken after unprotected vaginal sex to reduce the risk of pregnancy when birth control was not used or a condom broke. May use up to 72 hours after unprotected sex. Effectiveness decreases the longer you wait. Effectiveness decreases if over 165 lbs. Call UHS 412-268-2157, Option 2 for questions. If you need EC in the future, remember it is covered by the student health insurance plan and available at UHS!