

# My Choice® Fact Sheet

## At a glance

#1

MOST TRUSTED & AFFORDABLE  
MORNING AFTER PILL

**NO ID  
NO RX**

Find it yourself in the family planning aisle at all major retailers with NO Rx and NO ID required



Helps prevent pregnancy before it starts

## My Choice FAQs

### What is My Choice?

My Choice is emergency contraception that helps prevent pregnancy before it starts when taken after unprotected sex or if your birth control falls through. It is a backup method and is not meant to be used as a regular form of birth control.

### How does My Choice work?

My Choice works by temporarily delaying ovulation. That is, it works by stopping the release of an egg from the ovary, so there is no egg to meet the sperm. No egg. No fertilization. No pregnancy. It won't protect against HIV/AIDS or other sexually transmitted diseases (STDs).

### When should My Choice be taken?

My Choice must be taken within 72 hours after unprotected sex or birth control failure. The sooner you take it, the better it works.

### What is birth control failure?

Birth control failure includes, but is not limited to, forgetting to take your birth control pill, a condom breaking or falling off during sex, using an expired condom, or not using a condom at all.

### My Choice is NOT the abortion pill.

My Choice helps prevent pregnancy before it starts. It is not an abortion pill and will not be effective if a woman is already pregnant. It will not harm an existing pregnancy.





# My Choice<sup>®</sup> Fact Sheet



## Can a woman continue to take her regular birth control after taking My Choice?

Yes! My Choice does not impact the effectiveness of any regular birth control methods. After taking My Choice, a woman can and should resume taking her regular birth control right away—or start one that works for her if she doesn't already have one.

## Will My Choice impact a woman's ability to get pregnant in the future?

No! My Choice will not impact a woman's ability to get pregnant in the future.

## Is there a limit to how many times you can take My Choice in a year? ...in a lifetime?

My Choice emergency contraception should not be used as a regular method of birth control. However, if you have already used My Choice, it can be safely used again after another instance of unprotected sex or birth control failure. It will not impact a woman's future fertility.

My Choice doesn't provide long-term protection against future pregnancy—it works to help prevent pregnancy after only one act of unprotected sex or birth control failure.

## What are some possible side effects of My Choice

My Choice is safe and effective. Some women may experience side effects from taking it but they tend to be mild. Possible side effects include a period that's lighter, heavier, early, or late, nausea, lower abdominal pain/cramps, tiredness, headache, dizziness, breast tenderness or vomiting.

## I had another incident of unprotected sex the day after taking My Choice. Am I still covered?

My Choice only stays in your body for a short amount of time. It doesn't provide long-term protection against future pregnancy; when taken as directed it works to help prevent pregnancy after only one incident of unprotected sex. If you are sexually active, even occasionally, see your healthcare professional or visit a family planning center/clinic to find a regular method of birth control that suits you.

## Who can purchase My Choice?

Any person, regardless of gender or age can purchase My Choice. No prescription or ID is required, and there is no age restriction for purchase.

## Where can I buy My Choice?

My Choice is available for in-store shopping, same day delivery, and standard shipping via major retailers in the US. You can find My Choice yourself in the family aisle. No prescription, no ID, no age requirement.

## Does My Choice expire?

My Choice typically has a shelf life of four years when stored as directed. Women should always check the expiration date on the outside of the box prior to taking My Choice.



For additional information, click or scan the QR code. My Choice is a registered trademark of Sun Pharmaceutical Industries ©2022.

Levonorgestrel 1.5mg  
Use as directed.  
NDC: 62756-720-60

