

Safe Methods at the Right Time Patient Fact Sheet


What is the Safe Methods at the Right Time Program ("the Program")?

The Program gives free birth control to eligible women after having an abortion.

Who can join this Program?

Free birth control is offered to all women who:

- Have signed up with the BC Medical Services Plan (MSP); and
- Allow their information to be shared so the Program may be reviewed

Birth control must start on the day  your abortion is completed
or, for medical abortions,
within 2 weeks of this date

What birth control choices are offered?

Your health worker will speak about a broad range of birth control choices with you. The pros and cons of each choice will be reviewed to help you decide which one would be best.

Two of the most useful methods are free through the Program:

1. Intrauterine contraceptives (IUDs) - Mirena (hormone-releasing) or copper (non-hormonal)
2. Hormonal contraceptives - 1 package of pills OR 1 shot of Depo-Provera

What if I do not select a birth control choice given through the Program?

You will continue to have access to the full range of birth control choices, but you will need to pay for them yourself. Your care, however, will not change.

Why is free birth control offered?

BC research has shown that about half of women who have an abortion each year will have a pregnancy within two years if they do not start a birth control at the time of their abortion. Research also shows that over half of women will take an effective birth control method, such as a hormone-releasing or a copper intrauterine device (IUD), when given free and ready for placing in at the time of the abortion. Less than 15% choose such methods when patients are required to pay. When an IUD is chosen, research has also shown that women are more satisfied and have far fewer unintended pregnancies than with other options.