

Emergency Contraception

To have an emergency coil (IUD) fitted please contact either: Contraception and Sexual Health (CSHS/CASH) clinic for an appointment or ask your GP if you can have one fitted at the surgery.

Your nearest clinic is

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Telephone

Emergency Contraception



Derbyshire Community Health Services

For further information, contact any of the following:

- Your G.P
- A Contraception and Sexual Health Clinic - for opening hours and locations phone:
01246 235792
- The Pharmacist / Nurse who supplied this leaflet (see below)

Information on Emergency Contraception



Sexually Transmitted Infection (STI)

Remember:

- STIs are very common
- Anyone who has unprotected sex is at risk of STIs.

Not everyone knows they have an infection as they may not have any symptoms.

If you are worried that you may have been at risk of a sexually transmitted infection, you should contact your GP, the Contraception & Sexual Health Service or the local Genito-Urinary Clinic (GUM).

Are we accessible to you? This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and/or other format please call 01773 525099 extension 5587, or email us at: communications@derbyshirecountypct.nhs.uk

Health advice is available 24 hours a day from NHS 111 service – telephone 111.

NHS 111 service operates a 24-hour nurse advice and health information service, providing confidential information on all aspects of healthcare.

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Derbyshire Community Health Services is responsible for providing NHS Services in the Derbyshire County area and is hosted by Derbyshire County Primary Care Trust.

Emergency Contraception

1) Emergency Pill

Levonorgestrel (Levonelle 1500)

This is a hormonal method, which should be taken within 72 hours (3 days) of unprotected sex (where no contraception has been used or when your usual method has failed).

How to take it

You have been given 1 tablet of Levonorgestrel 1500micrograms (Levonelle 1500). The sooner treatment is started the better it works.

You should take the tablet as soon as possible.

If you are taking certain medicines or St John's Wort, you may require a higher dose.

If you are sick within 2 hours of taking the tablet, you will need to take another one - available from here, your GP, or other Contraception and Sexual Health clinics or pharmacies.

For opening times see list at clinics, in pharmacies, or in phone book - or phone **NHS Direct** on: **0845 46 47**.

How it works

It works by delaying or stopping an egg being released (ovulation). It may also stop a fertilised egg settling in your womb (implanting). It will not cause an abortion and there is no current evidence that it will affect a baby.

Failure Rate

This method does not always work. Its effectiveness depends on where you are in your cycle and how soon you take the emergency pill. If you are at higher risk of failure an alternative pill may be advised - the clinician giving you this emergency contraception will advise you if this is necessary. **There is less chance of failure if there is no further sex until the next period.**

Are there any side effects?

The side effects are usually mild or none. You may experience nausea, vomiting, breast tenderness, headaches, dizziness or tiredness.

Your next period

This may come earlier or later than expected.

Follow up

It is **very important** to seek advice from your GP or the Contraception and Sexual Health service if you have **an unusually light period or no period at all within the next 4 weeks**. Please take an early morning sample of urine with you for a pregnancy test.

Remember

You must use some form of contraception from now on.

- If you are already taking a contraceptive pill, you should continue with it but **use a condom as well for the next 7 days**. You will need to have a pregnancy test in 4 weeks – even if you have a normal bleed
- If you plan to start taking a pill, you should begin on the first day of your next **normal** period unless advised differently.

2) Emergency Coil (IUD)

This is the MOST EFFECTIVE method of Emergency Contraception

If you are worried about failure of the emergency pill, you should consider having a coil fitted in the next few days.

(Clinician to tick box(es) below if either or both apply)

You are at higher risk of the emergency pill not working because you are in the middle of your cycle (when you release an egg.)

You are at higher risk of the emergency pill not working because you had unprotected sex more than 72 hours ago, so use of Levonelle 1500 is unlicensed (but not dangerous). The failure rate is higher.

An IUD can be fitted up to 5 days after the earliest time you could have released an egg (that means up to about 10 days before your next period is due), no matter how often you have had unprotected sex (UPSI)

If your period is due in less than 10 days, an IUD can only be fitted if all UPSI since your last period has been in the previous 5 days

You should be able to have an emergency coil fitted until

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(Pharmacist / Nurse to leave blank and explain if not applicable)