

# EMERGENCY CONTRACEPTION



Emergency contraception can be used after unprotected sex (where another method of contraception was not used, or where a condom broke or came off) to prevent a pregnancy.

## What are the options

Often called the 'morning after pill' emergency contraception can actually be used up to 120 hours (5 days) after unprotected sex to prevent a pregnancy and there are a few choices on how it can be taken.

### Within 72 hours (3 days)



#### Levonorgestrel (Levonelle) contraceptive pill

A single tablet taken orally.

While it can be taken up to 72 hours after, it is far more effective to take the emergency contraception pill as soon as possible after unprotected sex.

If you vomit within 3 hours of taking the pill - contact the clinic or pharmacy you got it from for advice.

### Within 120 hours (5 days)



#### Ulipristal Acetate (ellaOne) contraceptive pill

A single tablet taken orally.

While it can be taken up to 120 hours after, it is far more effective to take the emergency contraception pill as soon as possible after unprotected sex.

If you vomit within 3 hours of taking the pill - contact the clinic or pharmacy you got it from for advice.

### Within 120 hours (5 days)



#### Intrauterine Device (IUD)

Fitted by a specially trained nurse or doctor in clinic, an IUD may still be offered if it is less than 5 days since the likely day of ovulation (meaning it can sometimes be fitted longer than 5 days since having unprotected sex). This is a small T-shaped device containing copper that is fitted into the uterus (womb). The copper in the coil is toxic to sperm, making it the most effective form of emergency contraception. Once fitted it can be left in place for up to 5 or 10 years as a method of long acting contraception.

If the 120 hours window period is missed, emergency contraception will not be effective and it may be advised that a pregnancy test is completed 2 weeks after unprotected sex.

**REMEMBER** - if you have had unprotected sex you may also need to have an STI test. Visit [bit.ly/SHSheff](http://bit.ly/SHSheff) for information.

## Where to go?

Confidential access to emergency contraception is available from Sexual Health Sheffield, and also from some GP practices and pharmacies across the city. If you are aged under 14, you will need to visit Sexual Health Sheffield's walk-in Youth Clinic Service. For more information visit: [bit.ly/ECSheff](http://bit.ly/ECSheff)