

Variations in use of Levonorgestrel EHC

- In some circumstances it may be recommended taking Levonorgestrel EHC up to 5 days after the risk of pregnancy

Quick-starting the pill, patch, injection or implant after Levonorgestrel EHC

- Contraception can sometimes be started immediately after using Levonorgestrel EHC, rather than waiting until your next period.
- The combined hormonal pill or patch, the injection and implant will not be reliable for the first seven days, and you will need to use condoms if you have sex during this time.
- The progestogen-only pill will not be reliable for the first two days and you will need to use condoms if you have sex during this time.
- You should have a check pregnancy test three weeks for any of the above quick start methods.

Starting contraception with your next period

- Start the pill on the first proper day of your next period (do not start if you get light bleeding only).
- If you are starting the injection, this should be given during the first five days from the start of your period.
- If you are having an implant fitted this may be inserted up to day five of your period without the need for additional contraceptive protection.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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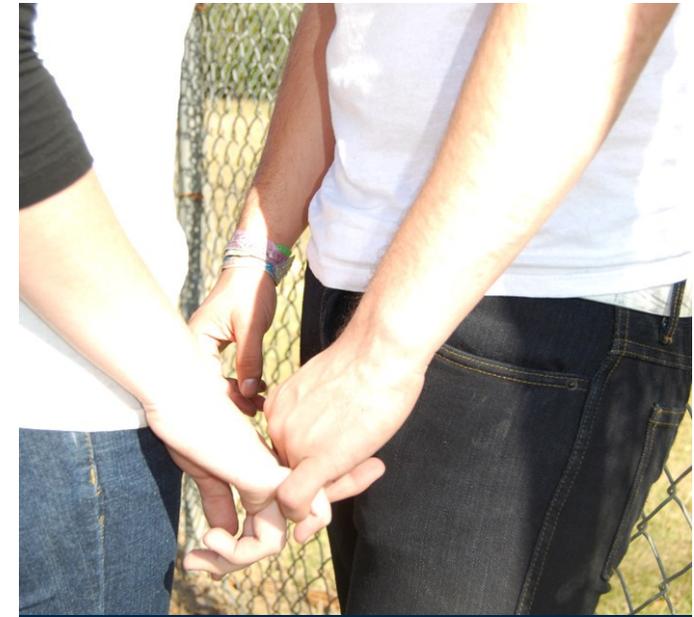
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Contraception information

Patient information
leaflet for
Levonorgestrel
emergency hormonal
contraceptive (EHC)
pill

Patient information leaflet for Levonorgestrel emergency hormonal contraceptive (EHC) pill

- Levonorgestrel EHC should be taken within 72 hours (three days) of the risk of pregnancy.
- It has only been shown to be effective in reducing pregnancy risk from sexual intercourse in the previous 72 hours and it is more effective the sooner it is taken.
- Levonorgestrel EHC prevents about 84% of expected pregnancies when you take it within 72 hours.
- Your next period should come around the normal time, but it may be a bit early or late.
- You may get slight bleeding before your next period.
- If it does not work and a pregnancy occurs, there is no evidence that the treatment will harm a pregnancy.
- It will not protect you between now and your next period, so use condoms if you have sex or abstain.
- Levonorgestrel EHC can be used more than once in the same cycle and it has no known serious side effects.
- A copper coil - intra uterine device (IUD) is the most effective form of emergency contraception (see overleaf for further information).
- You may also be at risk of a sexually transmitted infection. Testing is advised 2 - 3 weeks after the unprotected sexual intercourse, or sooner if acute symptoms develop.

You should contact your school or college nurse, GP or sexual health clinic if:

- you vomit within three hours of taking the Levonorgestrel EHC pill
- your period is late
- you have any questions or worries

Date of last period:

Date of treatment:

You should have a pregnancy test if you have not had a **normal** period by:

College/School nurse:

Contact details:

If you are already on the contraceptive pill, patch, injection, implant or if you start hormonal contraception immediately after taking Levonorgestrel EHC, then you should have a pregnancy test three weeks from the time of the last unprotected sex and follow advice for additional precautions (condoms) as per the quick starting guidance at the end of this leaflet.

If you have been asked to re-attend for a pregnancy test, please bring a urine sample – an early morning sample is the best.

Coil IUD fitting for emergency contraception

- A copper IUD is the most effective form of emergency contraception.
- The person issuing the Levonorgestrel EHC will be able to advise you if this is an option.
- An emergency IUD can usually be fitted up to five days after sexual intercourse, sometimes later, it will depend on where you are in your cycle and how many days since the last sexual intercourse.
- It provides very effective ongoing contraception and can remain in place as your chosen method.
- If you choose to have the IUD removed it needs to remain in place for at least seven days from the last sexual intercourse to be effective.
- The chance of becoming pregnant after an emergency IUD fitting is less than 1 in 100 at any time in your cycle.
- Because of the risk of infection, you are usually advised to have a course of antibiotics.
- The Mirena (IUS) coil cannot be used for emergency contraception.
- A copper IUD has to be fitted by a properly trained doctor or nurse and an appointment has to be organised.
- If there is an interval between first attendance for emergency contraception and the appointment for IUD fitting, you will be advised/given an emergency pill to take anyway.
- This is in case the fitting cannot take place for any reason.