

- 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.

### Quick-starting the pill, patch, injection or implant after LNG-EC.

- Contraception can sometimes be started immediately after using LNG-EC, 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 or having an implant fitted in the first five days from the start of your period, you will be protected against pregnancy immediately.

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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若您需要本信息的另一种语言或格式的版本, 请与我们联系

नेवर बुलातुं टिच सारवती विसी सुनी ब्रामां नां नवल विंच सतीसी वहे तां विवथा वर वे सतुं पुहें

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Contraception information

Patient information  
leaflet:  
Levonorgestrel for  
Emergency  
Contraception

## Patient information leaflet for Levonorgestrel for emergency contraception (LNG-EC)

- LNG-EC is licensed to take up to 72 hours after the risk of pregnancy. Occasionally it is used between 72-96 hours after unprotected sexual intercourse – in these circumstances the nurse will discuss this with you.
- **The Emergency contraceptive pill is not 100% effective at preventing pregnancy after unprotected sex.** The percentage of pregnancies prevented by taking LNG-EC is estimated to be about 84% when taken within 72 hours of a single episode of unprotected sexual intercourse.
- Oral Emergency Contraception may be less effective if you have a higher weight or BMI (over 70kg or BMI over 26).
- Oral Emergency Contraception is unlikely to be effective if taken after ovulation.
- 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 does not prevent pregnancy if you have unprotected sex again between now and your next period.
- It is very important that you start using effective contraception as soon as possible.
- The person giving you this leaflet will be able to advise you about on-going effective contraception. You should use condoms reliably or abstain from sex until contraception becomes effective.

- LNG-EC 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 two to three 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 LNG-EC pill
- your period is late
- you have any questions or worries

Date of last period:

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Date of treatment:

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You should have a pregnancy test three weeks after treatment if you have not had a normal period or if you are starting another form of hormonal contraception immediately. **Return for pregnancy test on:**

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College/School nurse:

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Contact details:

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If you are already on the contraceptive pill, patch, injection, implant or if you start hormonal contraception immediately after taking LNG-EC, 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 LNG-EC 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 on-going 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.