



Contraception information

Patient information leaflet for Ulipristal Acetate for Emergency Contraception

Patient information leaflet for Ulipristal Acetate for Emergency Contraception (UPA-EC)

- We can issue UPA-EC up to 120 hours (five days) after the risk of pregnancy.
- The tablet can be taken with or without food.
- It will not work for any unprotected sex you have had more than five days ago.
- 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.
- **The emergency contraception pill is not 100% effective at preventing pregnancy after unprotected sex.**
Following UPA-EC pregnancy occurs in approximately 2 in 100 women.
- If it does not work and a pregnancy occurs, please return for advice or see your GP.
- 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.

- UPA-EC has no serious side effects but is not recommended for use if you are taking some prescription medications.
- Breastfeeding should be avoided for seven days after taking UPA-EC.
- A copper coil - intra uterine device (IUD) is the most effective form of emergency contraception. (Further information about this is listed later in this leaflet).
- 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 UPA-EC tablet
- 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:

Starting the pill, patch, injection or implant after UPA-EC

- Contraception can sometimes be started five days after using UPA-EC rather than waiting until your next period.
- You will need to use condoms or avoid sexual intercourse for the first five days after taking UPA-EC.
- The combined hormonal pill or patch, the injection and implant will not be reliable for the first seven days after UPA-EC , 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 after UPA-EC and you will need to use condoms if you have sex during this time.
- You should have a check pregnancy test three weeks from the last unprotected sexual intercourse.

When to start/re-start hormonal contraception after (UPA-EC)

If UPA taken on:	Insert date/time	120 hours (5 days later falls on)	Insert date/time	Use condoms until	Complete pregnancy test on
Sunday		Friday			
Monday		Saturday			
Tuesday		Sunday			
Wednesday		Monday			
Thursday		Tuesday			
Friday		Wednesday			
Saturday		Thursday			

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.

Coil IUD fitting for emergency contraception

- A copper IUD is the most effective form of emergency contraception.
- The person issuing the UPA-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 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.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone: 0800 328 7971.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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