

## Emergency Contraception

Please read this information carefully and do not hesitate to speak to the pharmacist if you have any questions. If you have any serious medical problems, please discuss them with the pharmacist to ensure emergency contraception is safe for you.

Levonelle 1500 is a hormonal method of emergency contraception, which must be started within 72 hours (3 days) of unprotected intercourse

You have been given 1 tablet to take as soon as possible, preferably within 12 hrs, and no later than 72 hrs after unprotected intercourse.

If you vomit within 3 hours of taking the tablet, you will need to return to collect another tablet as soon as possible.

The tablets work mainly by affecting the lining of the womb making it unsuitable for pregnancy to develop (or by delaying the release of an egg from the ovary). It will not induce an abortion.

Levonelle is not 100% effective. The level of effectiveness depends on how soon after unprotected intercourse it is taken:

- 95% if taken within 24 hours,
- 85% if taken 25-48 hours
- 58% if taken 49-72 hours

This means you may still become pregnant. If you do become pregnant after taking it, there is no evidence that it will harm the pregnancy. However, there can never be a guarantee that any baby will be normal.

### WHAT HAPPENS NEXT

Your next period may arrive earlier, on time or later than usual. It can also be lighter or heavier than normal. If your period is more than 5 days late or shorter or lighter than usual request a pregnancy test from a GP or Family Planning Centre. Many pharmacies will also do a pregnancy test, but will charge for the service. If you have severe abdominal pains contact a GP.

### REMEMBER

Emergency contraception does not protect against sexually transmitted infections such as Chlamydia.  
Using condoms reduces the risk.

## CONTRACEPTION

This is a good opportunity for you to consider your future contraception.

Remember you need to use some form of barrier contraception, like a condom or diaphragm, or abstain from intercourse from now on until your next menstrual period starts.

If you are already taking a contraceptive pill then you should continue with it, but use a condom for the next 7 days. If you are planning to start taking the pill you may start either type of pill on the first day of your next period.

### IUD (COIL)

This is a small plastic and copper device that fits inside the womb and prevents a fertilised egg from embedding into the lining of the womb to start a pregnancy (implantation). It can usually be fitted up to 5 days after you have had unprotected sex, even if this happened more than once since your last period. It is nearly 100% effective in preventing a pregnancy when used this way.

Once fitted, the IUD may be removed after the start of your next period. You may prefer to keep the IUD as your regular method of contraception. For women who may be at greater risk of having a sexually transmitted infection, the IUD may increase this risk. Therefore, it is important to discuss this with the doctor. Full confidentiality will be assured.

### Other Isle of Wight Sexual Health Services

Clinic St Mary's Hospital	<i>Appointments</i> Monday 2.30pm – 7pm <i>Drop In</i> Monday 4pm – 6pm tel: 534202	College "Options"	<i>Monday</i> 12noon – 2.00pm <i>Thursday</i> 12noon – 2.00pm tel: 526631 ext 303
Maternity Unit 24 Hours	Emergency contraception tel: 534392/534329	Youth Trust Newport	Thursday 3pm – 6pm tel: 529569
GP Provided Contraceptive Services You can "sign up" with any Island GP solely for Contraceptive services			
Drop-in Clinic	Brookside Health Centre Freshwater tel: 753433	U20's Sexual Health & Contraception	Grove Road Surgery, Ventnor tel 852427 Monday 4pm-5pm Drop-in