

Do I need a sexual health check?

Anyone who has unprotected sex is at risk of sexually transmitted infections as well as pregnancy.

Among women under the age of 20 years who attend for emergency contraception at least 1 in 5 are infected with Chlamydia.

As with other STIs this does not cause any symptoms in most people, however, it is the most common cause of infertility (inability to have children).



The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

© Dorset HealthCare University NHS Foundation Trust. All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Produced: September 2018

Review Date: June 2020

Dorset HealthCare University NHS Foundation Trust

Sentinel House
4–6 Nuffield Road
Poole
Dorset



**Sexual Health
Dorset**

Emergency Hormonal Contraception

Advice

Dorset HealthCare University NHS Foundation Trust Contraception and Sexual Health Service

20 Trinity Street
Dorchester
Dorset
DT1 1TU

The Junction
235 Holdenhurst Road
Bournemouth
BH8 8DD

Tel: 0300 303 1948

There are two types of emergency hormonal contraception (EHC) Ullipristal Acetate® (UPA; known as EllaOne) and Levonorgestrel 1500® (LNG).

How do they work?

Both types of pill delay or prevent ovulation (egg release) if taken in the first half of the menstrual cycle, UPA can have this effect for slightly longer in the cycle than LNG. Sperm can survive in the reproductive system for 5-7 days so delaying ovulation can allow time for the sperm to become inactive before an egg is released.

How effective are they?

EllaOne effectiveness continues at the same level for 5 days, **Levonorgestrel's** effectiveness declines over 3 days.

How are they taken?

They both come as a single dose tablet.

Are there any side effects?

Side effects are uncommon. The most common side effects are abdominal pain, uterine cramps, irregular vaginal bleeding and premenstrual syndrome.

You may feel sick after taking the tablet, If you vomit within 3 hours of taking the tablet, you will need to obtain a further supply.

Will it effect my period?

Your next period may come at the expected time or be up to a week late. You may also notice some spotting.

Take a follow up pregnancy test if:

Your next menstrual period is lighter, shorter and/or more than 7 days

What to do next if you have been given ongoing hormonal contraception or need to start it again.

If you have taken **Levonorgestrel**: You need to start your contraception on the next day and follow the information given:

EHC Date:.....
Start pill Date:.....
Use extra precautions (e.g. condoms) until:.....
Do Pregnancy test (if required) :

If you have taken **EllaOne**: You need to delay starting contraception and follow the information given:

EHC Date:.....
Start pill on:.....
Use extra precaution (e.g. condoms) until:
Do pregnancy test (if required):

There is no evidence of an adverse effect on the foetus if

Are there any alternatives?

The IUD intrauterine device is the most effective method of emergency contraception. It will prevent 99.9% of expected pregnancies.

It may be used up to 5 days after having unprotected sex and sometimes later.

If you are interested please ask the doctor or nurse who will be able to advise you.