

Useful contacts

For further information on our clinic visit:

Rotherham Sexual Health Services

Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD
Telephone: 01709 427777

Useful websites

www.therotherhamft.nhs.uk/sexualhealth
www.fpa.org.uk
www.nhs.uk
www.gov.uk
www.patient.co.uk
www.sh24.org.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the team below

Patient Experience Team

The Rotherham NHS Foundation Trust

Rotherham Hospital, Moorgate Road,
Oakwood, Rotherham, S60 2UD
☎ 01709 424461

Monday to Friday, 9.00am until 5.00pm

Email your.experience@nhs.net

Bring your medicines when you come into hospital

Prescription medicines • Medicines you have bought
Alternative & herbal medicines • Inhalers



If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed below or via contacting our translation service which can be accessed through InSite.

Easyread websites

www.easyhealth.org.uk
www.friendlyresources.org.uk
www.easy-read-online.co.uk

Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

هه‌نگه‌ر تۆ بان که‌سه‌نێک که تۆ ده‌بناسی پێویستی به‌یارمه‌تی هه‌یه‌یت بۆ نه‌وه‌ی له‌م به‌لگه‌نامه‌یه‌ تێبگه‌ت به‌ یان به‌یخوینته‌وه‌، تکلیه‌ په‌یوه‌نده‌یمان پێوه‌ بکه‌ له‌سه‌ر نه‌و ژماره‌یه‌ی سه‌هر هه‌ودا یان به‌و نه‌مه‌یه‌.

Arabic

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.



The Rotherham
NHS Foundation Trust

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LS 809 04/2022 V4 Jones and Brooks
Sustainable Forests / Low chlorine

Emergency Contraception



Rotherham Sexual Health Services

patientinformation



The Rotherham
NHS Foundation Trust

What is Emergency Contraception?

If you have had unprotected sex, or if your usual contraception may have failed (e.g. a condom split or you forgot to take your pills), you can use emergency contraception. There are three types of emergency contraception:

1. **Two types of Emergency Pill (Levonorgestrel and Ulipristal Acetate)**
2. **The copper IUD (emergency coil) is the most effective method (10x more effective than the emergency pill)**

What are the emergency contraception pills?

Levonorgestrel

This emergency contraceptive pill is a tablet containing progestogen hormone, which is similar to the natural progesterone women produce in their ovaries.

How do I take it?

You will be given one dose to take. It should be taken within 3 days (72 hours) of having unprotected sex.

Ulipristal Acetate

This emergency contraceptive pill is a single tablet containing ulipristal acetate, a progestogen blocker.

How do I take it?

You will be given one tablet to take. It should be taken within 5 days of unprotected sex.

How does the emergency pill work?

The emergency pill aims to delay an egg being released (ovulation). Therefore, it is unlikely to work if you are at a point in your cycle where you have already ovulated.

When will I get my next period?

Your next period may come early or a few days late. If your period is more than 7 days late, you should do a pregnancy test. You can call the clinic for advice.

How effective is the emergency pill?

The emergency pill can fail even if it has been taken correctly. It is more likely to work if taken as soon as possible after sex. The copper coil is ten-times more effective than the emergency pill at preventing pregnancy.

What are the side effects?

There are no serious long or short-term side effects from using the emergency pill. Some women may feel sick, dizzy or tired, or may get headaches, breast tenderness or abdominal pain.

A very small number of women vomit - If you are sick within 3 hours of taking the pill, it might not work, so please come back

to clinic (or see your GP or pharmacist) as soon as possible to get another tablet.

Will the emergency pill protect me from pregnancy until my next period?

No, you must use effective contraception (e.g. condoms). If you have further unprotected sex, you can have a repeat emergency pill.

Do I need to see a nurse or doctor after I've taken the pill?

Not usually, but do go and see a nurse or doctor if:

- Your next period is more than 7 days late
- You think you may be pregnant
- Your next period is lighter or shorter than your usual period
- You have any sudden or unusual pain in the lower abdomen

Are there any risks if the emergency pill fails?

The emergency pill has not been shown to affect a pregnancy or harm a developing baby. As with any pregnancy, there is a small chance that an ectopic pregnancy may occur. If you think you may be pregnant it is important to seek advice as soon as possible.

How many times can I use the emergency pill?

Emergency pills can be taken more than once in any menstrual cycle. However, this is not as effective as using other methods of contraception regularly.

Can I get the emergency pill from anywhere else?

The emergency pill is available from the following places:

- Your GP or Practice Nurse
- Some local pharmacies (free to Rotherham residents)
- On-line - if you are under 25 and live in Rotherham, please visit the SH24 website to request it for free at sh24.org.uk

The Emergency IUD (Intrauterine Device or "copper coil")

What is the emergency IUD?

An IUD is a small plastic and copper device that is put into your womb. It can be fitted up to 5 days after unprotected sex at any time during the menstrual cycle provided that this is the ONLY unprotected sex that has occurred since your last period. If you have had unprotected sex more than once since your last period, then an IUD can be fitted up to 5 days after the earliest time you could have released an egg (ovulation). You can have an emergency coil even if you have taken the emergency pill.

How effective is the emergency IUD?

This is the most effective form of emergency contraception with a failure rate of less than 1%. It is 10 times more effective than the emergency pill. Unlike the emergency pill, it will work even if you have ovulated.

Will the emergency IUD protect me from pregnancy until my next period?

Yes, as soon as it has been fitted, you will be protected against pregnancy until the IUD is taken out.

How is the IUD fitted?

The doctor or nurse will examine you internally to check the position and size of your womb before they put in an IUD. The fitting of the IUD takes approximately 10-15 minutes. The procedure can be uncomfortable or painful for some women, therefore you may want to take a paracetamol beforehand. You may experience a period type pain and some light bleeding for a few days after the IUD has been fitted.

Are there any risks if the IUD fails?

The emergency IUD is highly effective (far more than the emergency pill). However, if it does fail and you become pregnant, there is a risk that the IUD can cause miscarriage or that an ectopic pregnancy (pregnancy in the tube) may occur. If you think that you are pregnant it is important that you seek advice as soon as possible.

Do I need to see a nurse or doctor after the IUD has been fitted?

No, but you should do a pregnancy test 3 weeks later to make sure it has worked. You should return at any time if you want to:

- Discuss any issues or concerns
- Arrange the removal of the IUD if this is what you want. (Or you can keep it in for on-going contraception).

When can I have the IUD removed?

If you do not want to keep the IUD as your regular method of contraception, it can be removed when you next have a period.

Does emergency contraception protect me from sexually transmitted infections (STIs)?

No, emergency contraception only protects you from pregnancy. If you want to avoid STIs including chlamydia, gonorrhoea, syphilis and HIV, you must use condoms.

Need further help/advice?

Please make an appointment for one of our clinics.