

## 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.

## Useful contacts

For further information on our clinic visit:

### The Department of Integrated Sexual Health

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 427777

## Useful websites

[www.therotherhamft.nhs.uk/sexualhealth](http://www.therotherhamft.nhs.uk/sexualhealth)

[www.fpa.org.uk](http://www.fpa.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://www.patient.co.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 4.00pm

Email [yourexperience@rothgen.nhs.uk](mailto:yourexperience@rothgen.nhs.uk)

## 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](http://www.easyhealth.org.uk)

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

[www.easy-read-online.co.uk](http://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

کوردی سۆرانی  
هه‌نگه‌ر تۆ یان کەسێک که تۆ ده‌بناسی پێویستی به‌یارمه‌تی هه‌یه‌یت بۆ نه‌وه‌ی لهم به‌لگه‌نامه‌یه‌ تێبگات یان بێخۆنتیته‌وه‌، تکایه‌ په‌یوه‌ندیمان پێوه‌ بکه‌ له‌سه‌ر نه‌و ژماره‌یه‌ی سه‌ر وه‌دا یان به‌و نه‌مه‌یه‌.

#### Arabic

عربي  
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

اردو  
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

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



JS 809 08/18 V2 Jones and Brooks  
Sustainable Forests / Low chlorine



The Rotherham  
NHS Foundation Trust

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Moorgate Road  
Oakwood  
Rotherham  
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Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

## Emergency Contraception



Sexual Health

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 (Levonelle and ellaOne)
2. The copper IUD / emergency coil - the most effective method

## What are the emergency contraception pills?

### Levonelle

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

### How do I take it?

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

### ellaOne

This emergency contraceptive pill is a single tablet containing ulipristal, 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 is most likely 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, go back to the clinic for a pregnancy test.

## 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 far 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, 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
- Rotherham NHS Walk-in Centre
- Your local pharmacy

## 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.

## 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 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. 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

## Bring your medicines when you come into hospital

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

