

Is there anything else I need to know?

If your regular method of contraception fails then we would suggest using emergency contraception. But if you find yourself using it quite often it might be a good idea to try other forms of contraception which may suit you better. You can discuss them with your GP or at your sexual health or family planning clinic.

Emergency contraception will not protect you against STIs such as chlamydia and HIV. If you think you might be at risk, you can get free and confidential testing, treatment and advice through your GP Practice, sexual health clinic and (for chlamydia) in pharmacies.

If you want any more information, contact **NHS 24 on 08454 24 24 24** or visit www.nhs24.com



EMERGENCY
CONTRACEPTION...

A FEW
THINGS
TO THINK
ABOUT.

EMERGENCY HORMONAL
CONTRACEPTION (EHC),
OR THE MORNING-AFTER
PILL AS IT'S SOMETIMES
CALLED, CAN PREVENT
A PREGNANCY IF IT'S TAKEN
QUICKLY AND CORRECTLY.

IT CAN BE USED UP TO 72
HOURS AFTER UNPROTECTED
SEX, ALTHOUGH IT'S MORE
EFFECTIVE THE SOONER
IT'S TAKEN.

When should I take it?

If you have missed your pill, or a condom has split or fallen off, taking emergency contraception is a sensible precaution. However, it is not as reliable as the contraception you use while having sex and should only be used in an emergency.

How do I know if it hasn't worked?

If your period is late, or is much lighter than usual after taking emergency contraception, then you could be pregnant. You can buy pregnancy test kits from pharmacies, or you can visit your GP or sexual health clinic.

What are the most effective ways to prevent pregnancy?

Condoms – Condoms are a reliable contraceptive that also protect you against most sexually transmitted infections (STIs). They should be used every time you have sex.

The pill – The pill is 99% effective if taken properly. However, if mistakes are made there is a chance you could become pregnant.

Hormonal implants and intrauterine devices (IUD) – Implants, IUDs and hormone releasing IUDs can be fitted by a doctor or nurse and give you protection for at least three years. They are particularly effective, as you can't forget to use them.

Contraceptive injections – Injections give you protection for 12 weeks. And if you wanted to continue them, you can get repeat injections every 3 months.