

Are there side effects from ECP?

A few women have mild side effects e.g. feel sick or vomit.

If you think you could be pregnant, have a pregnancy test 3-4 weeks after you use the ECP.

Can I get the ECP in advance?

Yes, you can buy it from a chemist or get it from a Family Planning clinic on prescription.

Having the pill handy means you can take it as soon as you realise there is a problem.

What does it cost?

There may be no cost for the ECP if you get it directly from Family Planning or your doctor.

A prescription costs \$5.00. You may have to pay for your appointment (free at Family Planning if you are under 22).

Without a prescription it can cost \$30 - \$50 at a chemist.

An IUD is free when fitted at a Family Planning Clinic for under 22 year olds.

Fact

The Emergency Contraceptive Pill:

- Doesn't make it harder for you to get pregnant later on.
- Won't cause you harm if you use it more than once.
- Won't cause an abortion if you are already pregnant.
- **Remember:** The ECP is for emergencies. It is only a one-off contraception. It doesn't protect you from pregnancy for future sex.
- It doesn't protect you from STIs.

Talk to your doctor or Family Planning clinic about other forms of contraception that are more reliable and last a long time.

You can do something after sex to **prevent** pregnancy.

The Emergency Contraceptive Pill (ECP), used correctly, can prevent pregnancy **up to 72 hours** after sex.

Emergency Contraception

When should I use emergency contraception?

After you've had sex when:

- You didn't use protection.
- Your normal contraception fails, e.g. condom tears.
- You've missed more than 1 birth control pill.
- You've been vomiting or had diarrhoea while on the pill.
- You've missed your injection (depo).
- You've been forced to have sex without contraception.

How does it work?

The Emergency Contraceptive Pill (ECP) may stop or delay the release of an egg from your ovaries until the guy's sperm aren't active in your body anymore.

Prevents the sperm from fertilising an egg by changing the way the sperm moves in your body.

It doesn't work if you are already pregnant.

It doesn't harm you or a developing embryo.

A copper IUD stops the fertilised egg from settling into the uterus.

How much time do I have?

You can take the ECP up to 72 hours (3 days) after having unprotected sex.

An IUD needs to be put in within 5 days of the egg being fertilised.

How effective is it?

The ECP is usually 97-99% effective. It doesn't work well for heavier women - it's recommended they get an IUD. If you are going to take the ECP, tell your doctor or pharmacist about any other medication you are taking. If you vomit within 3 hours of taking it, you'll need to get a new one.

A copper IUD can be fitted by a doctor or sometimes a nurse and it's almost 100% effective.



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