

Emergency Contraception



An Easy Read Booklet

Emergency Contraception



If you have sex without using contraception, (unprotected sex) they may get pregnant.



If you do not want to get pregnant, there are two ways of preventing pregnancy after unprotected sex.

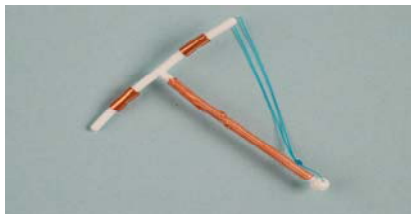
One is the Morning After Pill. There are 2 types of pill. They are called:



Levonelle

OR

ellaOne



Or the other is to have a coil (IUD) fitted.

Morning After Pill (Levonelle and ellaOne)



You can get the Levonelle tablet from your doctor or chemist.



**72
Hours**

You can take the Levonelle tablet within 72 hours (3 days).

Or



You can get the ellaOne tablet from the doctor (GP) or clinic.



**120
Hours**

You can take the ellaOne tablet within 120 hours (5 days).



The nurse will help you to take the tablet before you leave the clinic and give you an appointment for 3 weeks.



You may feel unwell after taking the tablet.

If you are sick within **2 hrs** of taking the tablet.

Phone the doctor or nurse.



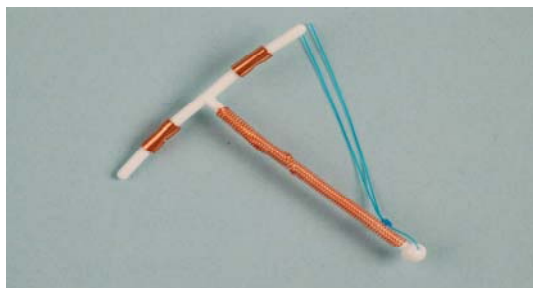
3 weeks

Your period should start in the next 3 weeks.



If you have sex before your next period use a condom.

Coil (IUD)



The coil is a small plastic and copper device.



The coil is put into your body (womb) by a doctor.



After the coil is fitted:

If your tummy is sore, you can take some tablets for the pain (Paracetamol).



You may bleed for a few days.

Your next period:



May start as usual.
May be heavier or longer.
May be more painful.

This may improve after a few months.

Talk to your doctor if you are worried.



If you want to keep the coil as a long term contraception it can last for 5 – 10 years.



To get free condoms go to your doctor (GP), clinic or chemist.



Or call 0300 303 0243 for your nearest centre.

