



Emergency Contraception

for young women in Somerset

Access free emergency contraception without the need to go via a GP.

“The morning after pill”

... and what you can do if you have unprotected sex and are worried that you might become pregnant...






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Emergency contraception is used when...

- Other forms of contraception have not been used (i.e. if you have unplanned or unprotected sex)
- Other forms of contraception have failed (e.g. condom came off or split)







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What is ‘the morning-after pill’?



- This is the name often used to describe the most common form of emergency contraception
- It is taken as a single tablet or pill
- It became known as the ‘morning after pill’ because it must be taken *as soon as possible* after having unprotected sex (that might often be ‘the morning after’)
- However, it can be taken up to 72 hours after unprotected sex, though it is more effective the sooner it is taken



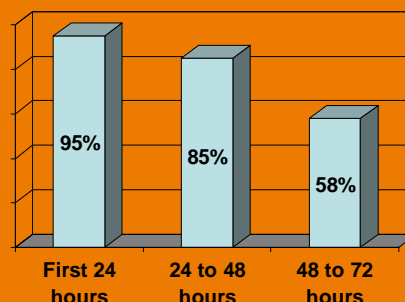


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How effective is it?

- The morning after pill is not as effective as other contraceptives
- It should not be used as an alternative to other forms of contraception



Time Period	Effectiveness
First 24 hours	95%
24 to 48 hours	85%
48 to 72 hours	58%

Effectiveness





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Are there any alternatives?



- Yes, the IUD (intrauterine device), also called the coil, can be fitted up to 5 days (120 hours) after unprotected sex, so can be used beyond the usual 72 hour limit for the morning after pill*
- The IUD is a small T-shaped frame with a thin copper coil around the stem which is inserted into the neck of the womb
- The IUD is the most effective method of emergency contraception - almost 100%
- The IUD must be fitted by a health professional



*It may also be possible to use the emergency contraceptive pill for up to five days – the doctor or nurse will be able to discuss this with you



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How much does it cost and how do you get it?

- Emergency contraception is available **free** to all women (including under 16s)
- You can get it from:
 - A doctor (including your own GP)
 - Family planning clinics
 - NHS walk-in centres or sexual health clinics
 - Young people's clinics
 - School health clinics (from the nurse*)
 - Accident and emergency departments or minor injury units
 - Some pharmacies*



* Not all pharmacists or nurses will be able to supply you with emergency contraception, but they should be able to advise you about where you can get it