

EMERGENCY CONTRACEPTION

Safely prevent unplanned pregnancy

**Helpful
advice and
facts**





Have you ever heard of Emergency Contraceptive Pill?

It's like a backup plan for when you've had unprotected sex or when things don't go as planned with birth control.

You can take it within 5 days but the sooner the better! It is there to help prevent unplanned pregnancy.¹



1. WHO-JHU-FPHandbook-2022Ed-v221115a.pdf

What you need to know about Emergency Contraceptive Pills (ECP)

One pill EC is just as strong as 2 pill EC

- One pill EC has double the strength of the two-pill EC. Both of these ECs have the same level of effectiveness.

EC Pill is not an abortion pill

- EC Pill affects your body in a way to prevent pregnancy. If you are already pregnant, EC Pill will not have any effect.

EC Pills do not protect against infections

- For protection against sexually-transmitted infections, condoms are essential.

EC Pill is best taken within 3 days after unprotected sex

- You can take Emergency contraceptive pill at any time of the day, but it works best when taken right after unprotected sex.

EC Pill may cause side effects

- Since EC Pills are hormones, some women may experience some side effects such as nausea and vomiting. These side effects are usually temporary and should go away within a few days.

You can take as many EC pills as needed

- There is no limit to how often you can take EC Pills. However, to lessen the side effects, it is recommended to take 1 EC dose per menstrual cycle.

EC pill does not cause infertility and does not delay a return of fertility

- Emergency contraceptive pills (ECPs) works by stopping or delaying ovulation for 5-7 days. ECPs do not harm future fertility.

Taking an EC pill will not protect you against pregnancy for future sex acts

- You need to take EC each time you have unprotected sex.

Times you can use Emergency Contraceptive Pills

When you are unable to use contraception

- When no contraception is used.
- Whatever the reason might be that you weren't able to use contraception, EC can help you when you weren't protected.

When contraception fails




- Condom breaks or slips during sex.
- Withdrawal method is not successful (ejaculation inside or near the vagina).
- Mistakes in tracking your fertile days.
- IUD (Intrauterine Contraceptive Device) or Hormonal implant getting expelled.
- Diaphragm or cervical cap coming loose, breaking, tearing or being removed early.
- Spermicide tablet or film not melting before sex.

When you haven't kept up with your contraception



- Missing 3 or more combined oral contraceptive pills in a row.
- Being more than 3 hours late taking the minipill.
- Being more than 4 weeks late for your 3 monthly Depo injection (DMPA).
- Being more than 2 weeks late for your 2 monthly NET-EN injection.
- Being more than 12 hours late taking the desogestrel containing pill.

**You can take EC after any sexual encounter
that makes you worry about a pregnancy.**



Contraceptive options available from MSI Reproductive Choices

Method	1 Time	1 Month	3 Months	Effectiveness
Condoms 				85%
Pills 				93%
Injectables 				96%

Reversible long acting contraceptives

Method	3 Years	6 Years	10 Years	Effectiveness
Implants 				99.9%
IUD 				99.2%

Permanent contraception methods

Method	Permanent	Effectiveness
Female 		99.5%
Male 		99.8%

For further support and or advice, ask Marie Stopes or your nearest Healthcare provider.



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CHOICES