

IMPORTANT:

Emergency contraception will not provide you with ongoing contraception!

Emergency contraception works to delay ovulation which means your most fertile days will be moved to later on in your cycle. This means that if you were to have more unprotected sex during this cycle, you could be at a higher risk of pregnancy. It is therefore **very important** that you use condoms to prevent any further unprotected sex.

Do I need more emergency contraception?

You must return to clinic as soon as possible if you vomit within 3 hours of taking emergency contraception, or if you have any further unprotected sex as you may need to have more emergency contraception.

What about my next period?

You should return to Choices, your GP or The Orchard Centre if your next period is:

- ◆ more than 7 days late,
- ◆ lighter or shorter than usual, or
- ◆ if you are unsure whether you have missed a period



Contact us:

Tel 714954 or

07781 103 434

www.choices.gg

You can also seek help and advice from:

Your own GP

The Orchard Centre (located at the Princess Elizabeth Hospital)

TEL: 707707

Pharmacies

Follow us on:



Your advice following
**Emergency
Contraception**



Today you have had:

ellaOne
(Ulipristal acetate)



You would have been given **1 tablet**.

Continuing on with contraception:

If you are already using a regular form of contraception (i.e pills/patch/vaginal ring) you should wait 5 days before you restart your method.

You should restart your method on:

Remember...

You should also use condoms until at least:

Today you have had:

Upostelle
(Levonorgestrel)



You would have been given either **1 or 2 tablets**.

Continuing on with contraception:

If you are already using a regular form of contraception (i.e pills/patch/vaginal ring) you should restart your contraception within 12 hours of taking Upostelle.

You should restart your method on:

Remember...

You should also use condoms until at least:



Dates for your diary:

A pregnancy test is due on or after:

Sexual Health (STI) testing is due on or after:

Your appointments:

Your next booked appointment(s) are arranged for:

Date:	Time:	With: