

# EMERGENCY CONTRACEPTION

**Emergency contraception can stop you getting pregnant after unprotected sex (sex without contraception or when contraception might have failed).**  
(NHS, [www.nhs.uk/contraception/emergency-contraception/](http://www.nhs.uk/contraception/emergency-contraception/))

There are two types of emergency contraceptives:

## INTRAUTERINE DEVICE (IUD)

Can be fitted within 5 days (120 hours) after sex

Need to make an appointment to have an IUD fitted by a nurse or doctor, usually at a sexual health clinic or GP Surgery, but this is free

Can be left in as a usual method of contraception for 5-10 years

Usually more effective in preventing pregnancy as they can be used at any point during a menstrual cycle (Brook, [www.brook.org.uk/your-life/morning-after-pill/](http://www.brook.org.uk/your-life/morning-after-pill/))

## MORNING AFTER PILL

There are 2 main types of emergency pill used in the UK:

- levonorgestrel (brands include Levonelle) which you need to take within 3 days (72 hours) after sex
- ulipristal acetate (brands include ellaOne) which you need to take within 5 days (120 hours) after sex

Can be obtained for free from GP surgeries and Sexual Health Clinics. Some pharmacies will also provide it for free while at others you have to pay

Considered less effective as they will only work if an egg has not been released from the ovary (before ovulation)

**THE SOONER YOU ACCESS AND USE AN  
EMERGENCY CONTRACEPTIVE, THE MORE  
EFFECTIVE IT IS**

For more information regarding emergency contraceptives including what affects how effective they are and side effects, visit [www.brook.org.uk/your-life/morning-after-pill/](http://www.brook.org.uk/your-life/morning-after-pill/)