



Emergency Contraception

The 'morning after' pill

The 'morning after' pill is an emergency contraceptive. It is used after unprotected sex to reduce the chance of pregnancy. It is not always effective in preventing pregnancy.

The 'morning after' pill contains hormones similar to those in regular contraceptive pills.

When is it used?

- After sex without a condom
- When a condom breaks during sex
- If you miss a contraceptive pill

It may not work as well if used more than once in the same menstrual cycle.

How is it used?

The 'morning after' pill should be started as soon as possible within 72 hours (3 days) of unprotected sex.

25 hormone tablets are taken as soon as possible after unprotected sex. Another 25 are taken exactly 12 hours later.

If you are on the oral contraceptive pill, continue taking it as usual.

Directions

It is best to take the 'morning after' pill with food.

You should take:

- 25 tablets at, and then
- 25 tablets at

What to expect

You may experience bleeding or spotting. This may occur soon after taking the pills or around the time you expect your next period. This bleeding is due to the "morning after" pill and does not necessarily mean you are not pregnant.

You may get a headache, sore breasts or dizziness.

Nausea or vomiting are unlikely, but if you do vomit within 2 hours of taking the tablets, come back to the clinic or ring the clinic on 8226 6025.

Side effects usually stop within two days.

If you are concerned, contact Clinic 275, SHine SA or your local medical clinic.

Is it safe?

The 'morning after' pill is a safe medication. Women who cannot take the combined oral contraceptive pill for medical reasons can safely take the 'morning after' pill.

The drug Cytadren may interfere with the action of the 'morning after' pill.

When to come back

Vaginal bleeding similar to a normal period may occur after taking the 'morning after' pill, but you could still be pregnant.

It is important that you come back to the clinic in 3 weeks on for a urine pregnancy test.

If you need the 'morning after' pill, you may also have been exposed to sexually transmitted diseases. When you come back to the clinic, you can have a full check-up for sexually transmitted infections if this has not been done already. The results of all tests are available one week later. You need to attend the clinic in person to collect your test results.

More information

STD check-up:

STD Services web site: www.stdservices.on.net/clinic275/check-up.htm

Contraceptive information:

SHine SA web site: www.shinesa.org.au

Child and Youth Health - Youth Topics: www.cyh.com/cyh/youth/index.stm

Emergency Contraception

Sexually Transmitted Diseases Services

Royal Adelaide Hospital

Free and confidential advice, testing and treatment for all STD's including HIV/AIDS

No appointment necessary

Monday, Thursday & Friday

10am – 4.30pm

Tuesday & Wednesday

11.00am - 6.30pm

1st floor
275 North Terrace
Adelaide 5000

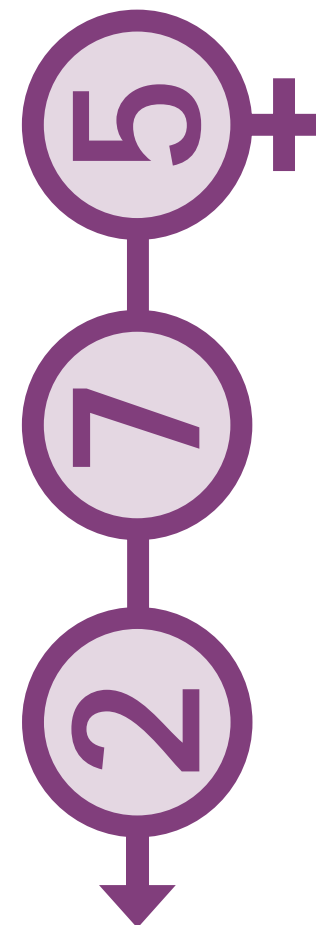
Telephone

08 8222 5075

Toll free country call
1800 806 490

web site

www.stdservices.on.net



clinic

Disclaimer

The Royal Adelaide Hospital, STD Services and Clinic 275 have endeavoured to ensure that the information in this publication is accurate, however they make no representation or warranty to this effect. You rely on this publication at your own risk.

The Royal Adelaide Hospital, STD Services and Clinic 275 disclaim all liability for any claims, losses, damages, costs and expenses suffered or incurred as a result of reliance on this publication. As the information in this publication is subject to review, please contact a medical or health professional before using this publication.

The Royal Adelaide Hospital, STD Services and Clinic 275 do not sponsor, endorse or necessarily approve of any material in resources suggested in this publication; and do not make any warranties or representations regarding the quality, accuracy, or fitness for purpose of any material in these resources.

