Flow chart to aid emergency Contraception decision making

Abbreviations:
EC - Emergency Contraception
LNG 1500 - Levonelle
UPA 30mgs - ellaOne
UPSI - Unprotected sexual Intercourse (including missed pills.)

Woman presents for emergency contraception

Previous UPSI or use of EC since LMP

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>
| Consider
  - Pregnancy test
  - Repeat EC in her best interest
  - Is IUD still an option?
    (see over for calculation) |

Accepts Cu-IUD
insert same day if possible.
If woman is to leave and return give oral EC - choose which by following flow chart.

Offer Cu-IUD to all
(Explain failure rate of 1 in 2000 or 0.0005%)  

Refuses CU-IUD
Offer oral EC
(Explain failure rate of oral EC of approx 1 in 50 or 2%)

<72 hours since UPSI

<table>
<thead>
<tr>
<th>Early/late</th>
<th>Midcycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 10 or &gt;16 (of 28 day cycle)</td>
<td>day 10 to 16 (of 28 day cycle)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BMI &gt;30</th>
<th>BMI ≤ 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Yes</td>
</tr>
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UPA 30mg

Between 72 and 120 hours since UPSI

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Check concomitant medication:
If using PPI or antacid within previous 24 hours - use LNG 1500 instead of UPA 30mg
If using enzyme inducing medications including St Johns Wort use double dose LNG 1500 instead of UPA 30mg

Review date June 2015
Advice check list:

**Cu IUD**
- Immediate contraceptive effect
- Next period should be on time, if not then carry out pregnancy test
- Offer STI screen to all, consider antibiotics if STI status is unknown

**Levonelle**
- Quick start another form of contraception
- Condoms for abstain for 7 days whilst starting new contraception
- Carry out pregnancy test 3 weeks from episode of unprotected sex
- Offer STI screen

**ellaOne**
- Quick start another form of contraception
- Condoms or abstain for 14 days whilst starting new contraception
- Pregnancy test 3 weeks from episode of unprotected sex
- Offer STI screen

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**The menstrual cycle**

Calculating the latest menstrual cycle day on which an intrauterine device (IUD) can be inserted for emergency contraception.

<table>
<thead>
<tr>
<th>Timing of IUD Insertion</th>
<th>IUD can be fitted up to 5 days after earliest expected day of ovulation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Menstruation</strong></td>
<td>17 19 21 23</td>
</tr>
<tr>
<td><strong>26 day cycle</strong></td>
<td>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26</td>
</tr>
<tr>
<td><strong>28 day cycle</strong></td>
<td>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28</td>
</tr>
<tr>
<td><strong>30 day cycle</strong></td>
<td>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
</tr>
<tr>
<td><strong>32 day cycle</strong></td>
<td>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32</td>
</tr>
<tr>
<td><strong>Day</strong></td>
<td>1 7 12 14 16 18 26 28 30 32</td>
</tr>
</tbody>
</table>

*Fertile period*

*Ovulation*