

Emergency contraception:

'Morning-after pill' & your local pharmacy



Many community pharmacies provide emergency hormonal contraception (EHC) – sometimes known as the 'morning-after pill'.

The service is offered to women who have:

- Had unprotected sex in the last 72 hours (i.e. in the last 3 days); or
- Whose usual form of contraception may have failed and who have had sex in the last 72 hours.

You don't need to make an appointment. You can just walk into any pharmacy offering the emergency contraception service.

Getting emergency contraception from a pharmacy

Many pharmacies offer emergency contraception, and the staff will be very helpful and understanding. You will be able to speak to a pharmacist in a private area or consulting room.

They will explain more about options for emergency contraception, including any potential side-effects, and will check whether emergency hormonal contraception is suitable for you. They will also be able to offer further advice and guidance.

If you are suitable for this form of emergency contraception, you will be given appropriate medication. The pharmacist will explain how to use it and any other action you need to take. If you are not suitable for this form of emergency contraception, they will tell you about other sources of help.

Remember, emergency contraception does not protect you against STIs (sexually transmitted infections). It's always best to use protection when you have sex. If you do need emergency contraception, though, most community pharmacies can help if you see them within 72 hours of having sex.