

CLIENT INFORMATION SHEET

Levonorgestrel Emergency Contraception

This is a hormonal method of emergency contraception that must be started within 96 hours (4 Days) of unprotected intercourse (i.e. where no contraception has been used, or your usual method of contraception has failed). You may wish to consider the use of a copper Intra uterine device (IUD) in addition to the emergency hormonal contraception you have received. An emergency IUD can be fitted up to 120 hours after the unprotected sexual event, or within 5 days of the earliest expected date of ovulation. The copper IUD can provide on-going contraceptive cover for up to 10 years and is the most effective method of emergency contraception. If you think this option may be appropriate for you, please contact an integrated sexual health clinic of your choice as soon as possible. (Contact details listed below)

HOW DO I TAKE IT?

You will be given one or two tablets to take immediately.

REMEMBER: If you are sick within 2 hours of taking the tablet(s) you should obtain a further supply from the pharmacist, your G.P. or an Integrated Sexual Health Clinic.

HOW EFFECTIVE IS IT?

Although it is a very effective method of emergency contraception it does not always work. Levonorgestrel should be taken as soon as possible after unprotected intercourse as its effectiveness reduces with time. Taking Levonorgestrel after 72 hours and up to 96 hours is outside of the product license; this will have been discussed during your consultation.

The effectiveness of Levonorgestrel can also vary according to where you are in your menstrual cycle; it is probably ineffective if taken within 120 hours of ovulation or after ovulation has occurred. This will have been discussed during your consultation.

The effectiveness of Levonorgestrel is also affected by your body weight. If your body weight exceeds 70kg or your BMI is 26kg /m² or higher, you will have been given a double dose of Levonorgestrel (two tablets). This is outside of the product license and will have been discussed during your consultation.

If you are taking or have taken certain drugs called enzyme inducers within the last 28 days, Levonorgestrel will not be as effective and you will have been given a double dose of Levonorgestrel (two tablets): This is outside of the product license and will have been discussed during your consultation.

Another possibly more effective emergency contraceptive pill Ulipristal Acetate may be more appropriate for you and is available from a number of pharmacies, GP and Integrated sexual health Clinics. Your pharmacist will have discussed this during your consultation. If you are concerned about this you may wish to consider having an emergency coil fitted. This can be done up to 5 days after unprotected intercourse or within 5 days of the earliest expected date of ovulation. Please contact an integrated sexual health clinic of your choice (see below) to discuss / arrange an emergency coil fitting if you think this may suit you better. Additionally some GPs are able to fit emergency coils, contact your GP to find out which surgeries provide this service.

Levonorgestrel Emergency contraception tablets can be taken more than once within the same menstrual cycle: This is outside of the product license and will have been discussed during your consultation.

ARE THERE ANY SIDE EFFECTS?

Side effects rarely occur with this medication. You may experience nausea, vomiting, breast tenderness, low abdominal pain, headaches, dizziness, tiredness or alterations to cycle length. If you are concerned about any side-effects that occur please contact your pharmacist or your GP.

HOW DOES IT WORK?

It is thought to delay the release of an egg from the ovary. It will not induce an abortion. There is no current evidence that it will affect the development of a baby if it doesn't work.

REMEMBER: This method of contraception must only be used in an emergency. If you are in a sexual relationship you must use some form or method of regular contraception if you don't want to get pregnant. The most effective are the implant, the copper and hormone 'coils' and the injection. If necessary please visit your GP or an integrated sexual health clinic to discuss your future contraception.

WILL LEVONORGESTREL AFFECT MY NEXT PERIOD?

Your next period may start earlier or later than expected after taking emergency contraception. Most women have their period within 7 days of the expected time. It is recommended that you seek advice from your G.P, integrated Sexual Health Clinic or pharmacist if you have an unusually light period or no period at all within the next 3-4 weeks. A pregnancy test may be necessary to determine if the Levonorgestrel has failed and if you are pregnant. If you experience any unexplained lower abdominal pain, you should contact your GP as soon as possible. This might be caused by an ectopic pregnancy.

WHAT SHOULD I DO IF I HAVE BEEN TAKING CONTRACEPTIVE PILLS AND HAVE RECEIVED LEVONORGESTREL 1.5MG BECAUSE I HAVE MISSED SOME?

You should resume normal pill taking within 12 hours of taking Levonorgestrel, but additional precautions (condoms or refraining from sex) should be used for 7 days when continuing with a combined hormonal contraceptive, 2 days for a progesterone only pill and 9 days if taking Qlaira. Also, if pills are missed in the third week of the combined pill, omit the pill-free interval by finishing the pills in the current pack (and discarding any inactive tablets in ED packs) and starting a new pack the next day. See the chart below and overleaf to determine what action you need to take for your particular pill.

Combined Hormonal Contraceptives: Gedarel 20/150; Mercilon; Femodette; Millinette 20/75; Sunya 20/75; Loestrin 20; Gedarel 20/150; Marvelon; Yasmin; Femodene; Katya 30/75; Millinette 30/75; Levest; Microgynon 30; Ovranette; Rigevidon; Loestrin 30; Cilest; Brevinor; Ovysmen; Norimin; Norinyl-1. Femodene ED; Microgynon 30 ED; Triadene; Logynon; TriRegol; BiNovum; Synphase; TriNovum; Logynon ED;	Use extra precautions for 7 days after resuming pill taking. If these 7 days run beyond the end of the packet, the next packet should be started at once, omitting the pill-free interval (or in the case of everyday (ED) pills, omitting the 7 inactive tablets).
Progesterone only Contraceptives: Cerazette; Cerelle; Femulen; Micronor; Norgeston; Noriday.	Use extra precautions for 2 days after resuming pill taking.
Qlaira	Use extra precautions for 9 days after resuming pill taking. If these 9 days run beyond the end of the packet, omit the 2 inactive tablets at the end of the packet and start the next pack straight away.

AM I AT RISK OF A SEXUALLY TRANSMITTED INFECTION?

Emergency contraception does not protect you against sexually transmitted infections. Chlamydia is the most common STI and is often present without any symptoms in many people. Chlamydia testing packs are provided free of charge to clients.

Ask for a free chlamydia testing kit at any integrated sexual health clinic, Conifer House reception or GP surgery. Under 25's can also obtain free kits from their college, youth group or Cornerhouse.

You take the test yourself (usually a urine sample for men and a genital swab for women). You will be contacted and treated for free if you have got Chlamydia.

If you are living in Hull and would like a general STI test, pregnancy test or free condoms please go to the following services:

Yorkshire MESMAC (All ages): Suite 1, Freetown Court, 15 Freetown Way, Hull, HU2 8JQ. Call or drop in service: 01482 291190 or 07818 051838. <http://www.mesmac.co.uk/services/yorkshire-mesmac-hull>

REMEMBER: Using condoms greatly reduces the risk of getting sexually transmitted infections.

'Get tested' is a free and confidential postal testing service for people aged 16 years and over for HIV, syphilis, chlamydia and gonorrhoea, details of this service are available on the following website: [Conifersexhealth.co.uk](http://conifersexhealth.co.uk)
<https://conifersexhealth.co.uk/microsite/kit-request/new>

WHERE CAN I GET FAMILY PLANNING ADVICE?

Advice on contraception is available from your own GP or integrated sexual health clinic. The following clinics operate a service throughout the East Riding and Hull areas.

For clinic times please contact the main clinic or check the website: <http://conifersexhealth.co.uk/> OR telephone: 01482 247111 (24 hours a day, 7 days a week)

Main Clinic: Conifer: Wilberforce Health Centre. Story Street Hull Tel: 01482 247111

Hull Clinics:		East Riding Clinics:	
Wilberforce Health Centre.	Tel: 01482 247111	Beverley Health Centre	Tel: 01482 247111
		Bridlington, Hospital Sexual health clinic	Tel: 01482 247111
		Driffield (Alfred Bean Hospital)	Tel: 01482 247111
		Goole, Health Centre	Tel: 01482 247111
		Hessle Health Centre	Tel: 01482 247111
		Withernsea: South Holderness medical practice	Tel: 01482 247111

(Please note, limited clinics are available at some venues)

Useful Website: <http://www.conifersexhealth.co.uk>

A text service providing support and information is also available for clients aged 19 years or under. Text REACHOUT to 61825, you will receive a call back within 3 working days.