

What you need
to know about

Emergency Contraception

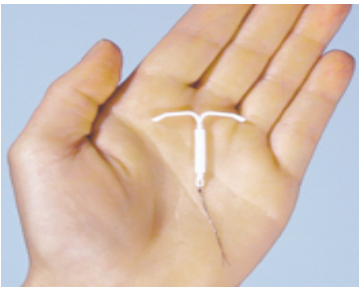




Emergency Contraception is used to prevent pregnancy if you have had sex without using a contraceptive. It should not be used as a form of contraception. There are 2 types.



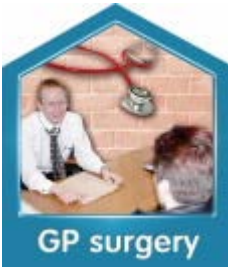
The morning after pill this should be taken as soon as possible after having sex. It is one tablet. You can take it up to 3 days after sex. It is much better to take it quickly as it can work better.



If you have had sex and not taken the morning after pill there is another thing that you can use. This is called the IUD. This goes inside your uterus and helps prevent the egg being fertilized.



The morning after pill is available from central sexual health. It is also available free from pharmacists. You will have to have a chat before you can be given it. This is important as they can help you with a more permanent contraceptive.



If you need the IUD you will have to attend a clinic or speak to your GP



Emergency Contraception can't protect you from infections that you can get from having sex. Condoms can. It is a good idea to use a condom.

You can get condoms free from Sexual Health Clinics in Forth Valley



01786 433697 is the main number to call for local clinic times.

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

We also have other leaflets about your health. To ask someone about this please call 01324 614658 or email fv-uhb.LDLeaflets@nhs.net