

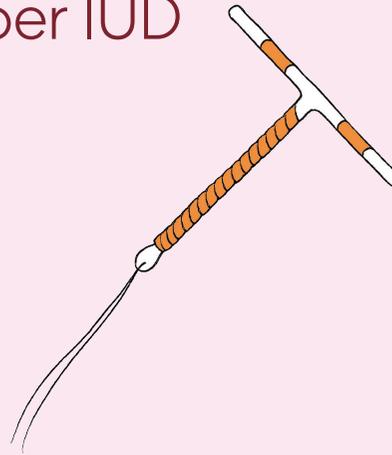
## ECP - Future contraception

An ECP **does not** give you any ongoing protection against pregnancy. It is only for unprotected intercourse in the last 72 hours. You may be more likely to get pregnant **the week after taking an ECP** unless you use a contraceptive. Talk to your health professional if you need ongoing contraception.

You might be able to get an ECP prescription by talking with one of our nurses on the phone. Ask us if this might be an option for you.

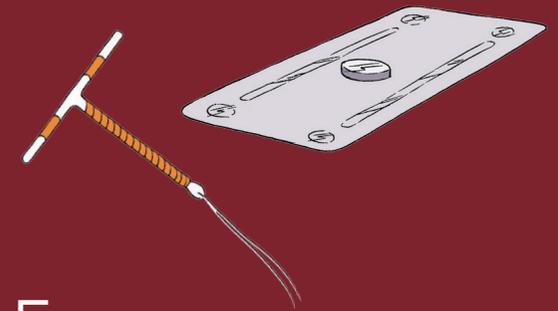
The ECP and the IUD do not protect you against sexually transmissible infections (STIs). Condoms and lube are your best protection against STIs.

## An emergency contraceptive copper IUD



This is always a more effective method than an ECP. If you're heavier, you should consider an emergency IUD as the ECP may not be effective.

An IUD must be inserted within 5 days of the possible fertilisation of an egg. You should talk to a health professional about the timing for you.



## Emergency Contraception

Preventing an unplanned pregnancy

### TE ĀRAI HAPŪ OHOTATA

1. Get emergency contraception as soon as you can.
2. Emergency contraception is safe and effective.
3. The IUD is more effective than the Emergency Contraceptive Pill.



[sexualwellbeing.org.nz](http://sexualwellbeing.org.nz)

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# What is it?

There are two types of emergency contraception:

## The Emergency Contraceptive Pill (ECP)

Take 1 or 2 pills within 72 hours

About 98% success rate for those of average weight (may not work for heavier people)

Can get this from doctor, nurse or pharmacy

Works by delaying the release of an egg and altering sperm transport

Need to take it every time

Can have at home just in case

Contains progestogen, a very safe hormone

## A Copper Intrauterine Device (IUD)

Have IUD put in within 5 days of ovulation

More than 99% effective

Must be inserted by a trained health professional

Works as emergency contraception by preventing a fertilised egg from implanting into the womb

IUD can provide ongoing contraception for at least 5 years or can be removed after next period

## ECP - What happens next?

Your next period will probably come at the expected time or it may be early or late. If:

- you do not get your period at all
- your period is very light
- you are worried that you may be pregnant,

**then:**

You should have a pregnancy test 3 to 4 weeks after you had the

ECP..... (Date)

This is a urine test. It can be done at home, a Sexual Wellbeing Aotearoa clinic or a doctor's surgery.

## How do I take the Emergency Contraceptive Pill?

If you weigh up to 70kg, take one pill within 72 hours of unprotected intercourse.

If you weigh over 70kg, a copper IUD is most effective. If you want to take the ECP, 2 pills together may be more effective, although we have no proof of this yet.

You may feel sick after taking the ECP so it helps to take it with food.

**If you vomit within 3 hours of taking an ECP you will have to get another.**