

Emergency Contraception



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Easy Read

SHINE_{SA}

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South Australian Council
on Intellectual Disability

What is contraception?



Contraception is something you use or do to stop pregnancy.

Contraception means using things like medicine or items to stop you from getting pregnant.



There are many different types of contraception.

Each type works in a different way.

What is emergency contraception?



Emergency contraception is used after sex to stop **pregnancy**.



Pregnancy means a baby growing inside the womb.



It can help when no contraception was used during sex.



It can also help if a **condom** broke during sex.



A condom is a thin cover that stops sperm from entering the body.



There are 2 main types of emergency contraception:

The emergency contraceptive pill (ECP)

The copper IUD



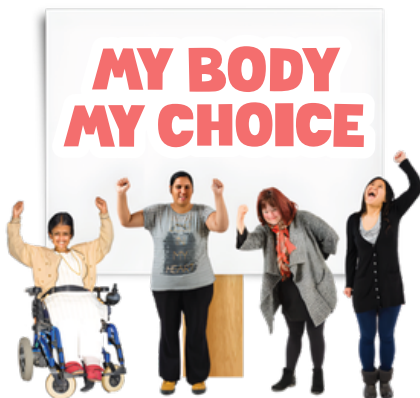
This guide will tell you about the different types.



Your doctor or clinician should use this guide while talking with you.



Your doctor should check your understanding and support you to ask questions.



It is your body and your choice.



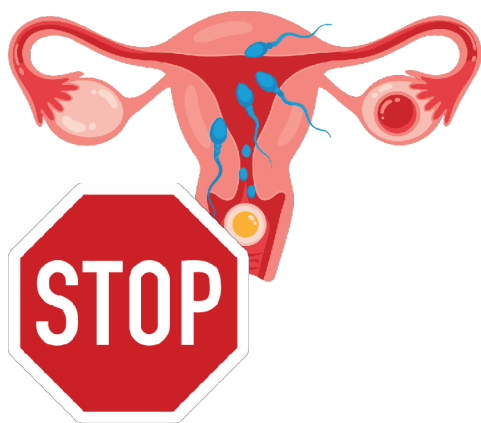
You have the right to information and choice.

Emergency Contraceptive Pill (ECP)



ECP means Emergency Contraceptive Pill.

The ECP is sometimes called the morning after pill.



It is a pill taken soon after unprotected sex to change **ovulation**.

Ovulation means the time when an egg is released from the ovary.



There are two kinds of ECP in Australia:

- Levonorgestrel
- Ulipristal acetate (EllaOne)



Both can be bought from **pharmacies**, some clinics and hospitals.

Pharmacies are shops that sell medicine.



You do not need a **prescription**.



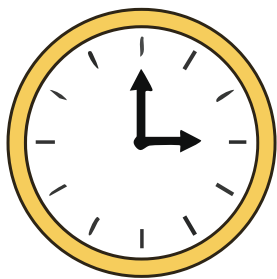
A prescription is a note from a doctor that lets you buy certain medicines



Levonorgestrel can be taken up to 4 days after sex with no contraception.



Ulipristal acetate can be taken up to 5 days after sex with no contraception.



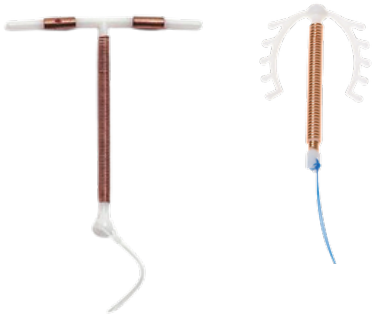
The sooner you take it, the better it works.



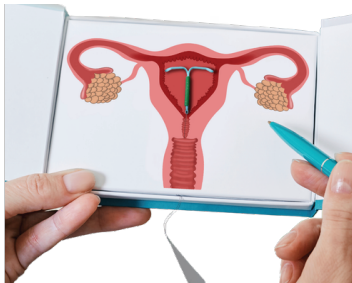
The ECP might cause **spotting** or change your period.

Spotting means light bleeding between periods.

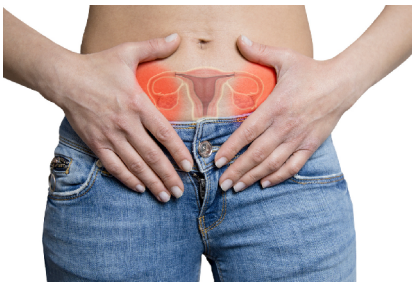
Copper IUD as Emergency Contraception



A copper IUD can also be used as emergency contraception.



An IUD is a small T-shaped device placed in the **uterus**.



The uterus is where a baby can grow. It is also called the womb.

It is the most **effective** type of emergency contraception.



Effective means it works very well.



It can be put in up to 5 days after unprotected sex.



It must be put in by a trained doctor or nurse.



The copper IUD can keep working as contraception for up to 10 years.



SHINE SA Appointments and Enquiries



8300 5300



Online Bookings www.shinesa.org.au





Clinic locations and times are available at www.shinesa.org.au



Sexual Healthline

- 1300 883 793 Country callers (toll free)
- 1800 188 171 Talk to a sexual health nurse about any sexual health issue.
Available 9am – 12.30pm, Monday – Friday

National Relay Service

-  www.relayservice.gov.au
- 133 677 (TTY/Voice)
- 1300 555 727 (Speak & Listen)
-  0423 677 767 (SMS)



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