

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; Ovranelle; 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).
Progestosterone 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 the pharmacy or visit one of the integrated sexual health clinics shown below. If you are living in North East Lincolnshire and would like a general STI test, please visit one of the sexual health clinics shown below.

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

WHERE CAN I GET FAMILY PLANNING ADVICE? (Note services may be disrupted during the covid-19 pandemic: please follow current government guidelines around Covid-19)

Advice on contraception is available from your own GP or from any integrated sexual health clinic. The following clinics operate a service throughout North East Lincolnshire:

For advice and information on available appointments please contact the central booking line (CBS) on **0300 330 1122**.

Appointments can also be booked on line with Virgin Care via their website at:

<https://www.thesexualhealthhub.co.uk/services-near-you/north-east-lincolnshire/>

Sexual Health & Contraception Service 1st Floor Stirling Medical Centre, Stirling Street GRIMSBY NE Lincs DN31 3AE			
Day	Opening	Closed	Provision Type
Monday	09:00	17:00	Appointments 13:00 – 17:00 Walk In 09:00 – 17:00
Tuesday	10:00	20:00	Appointments 10:00 – 17:00 Walk In 17:00 – 20:00
Wednesday	09:00	17:00	Appointments 09:00 – 17:00 Walk In 09:00 – 12:00
Thursday	12:00	20:00	Appointments 12:00 – 17:00 Walk In 17:00 – 20:00
Friday	09:00	17:00	Appointments 09:00 – 17:00 Walk In 09:00 – 12:00
Saturday	09:00	13:00	Appointments 09:00 – 13:00

Day	Opening	Closed	Location	Provision Type
Monday	12:00	14:00	Grimsby Institute Further and Higher Education (GIFHE) Nuns Corner, Grimsby DN34 5BQ	Walk In (Chlamydia Screening & Contraception) Bi-Weekly 1 st & 3 rd of every month
Tuesday	13:00	17:00	Birkwood Medical Centre Westward Ho GRIMSBY DN34 5BH	Appointments
	12:00	13:15	Franklin Sixth Form College Chelmsford Avenue, Grimsby, South Humberside DN34 5BY	Walk In (Chlamydia Screening & Sign Posting) 1 st Tuesday of the month

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