

CLIENT INFORMATION SHEET

Ulipristal Acetate 30mg Emergency Contraception

This is a hormonal method of emergency contraception that must be started within 120 hours (5 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 clinic of your choice as soon as possible. (Contact details listed below)

HOW DO I TAKE IT?

You will be given one tablet to take immediately.

REMEMBER: If you are sick within 3 hours of taking this tablet you should obtain a further supply from the pharmacist, your G.P. or Integrated Sexual Health Clinic.

HOW EFFECTIVE IS IT?

Although it is a very effective method of emergency contraception it does not always work. It has been estimated that Ulipristal Acetate prevents 99% of expected pregnancies if it is taken within the first 24 hours and 98% of expected pregnancies if taken within 120 hours of unprotected intercourse. The effectiveness of Ulipristal Acetate can vary according to where you are in your menstrual cycle; there is a possibility it may not work if taken within 24 hours of ovulation, or after it has occurred. This will have been discussed 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.

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 although your next period may occur earlier or later than normal. You may experience nausea, vomiting, breast tenderness, pelvic pain, headaches, backache, 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 works by preventing or delaying the release of an egg from the ovary (ovulation). It will not induce an abortion.

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.

WHAT SHOULD I DO IF I HAVE BEEN TAKING CONTRACEPTIVE PILLS AND HAVE RECEIVED ULIPRISTAL ACETATE BECAUSE I HAVE MISSED SOME? (Ulipristal acetate will only have been given to you if you have missed 7 or more contraceptive tablets out of a packet.)

If you have been given Ulipristal acetate emergency contraception due to missed contraceptive pills, you should **wait at least 5 days before resuming normal pill taking**. During this time you must use additional precautions (condoms or refraining from sex). **In addition you must also continue to use additional precautions until your next period starts or for the following lengths of time:**

<p>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;</p>	<p>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).</p>
<p>Progesterone only Contraceptives: Cerazette; Cerelle; Femulen; Micronor; Norgeston; Noriday.</p>	<p>Use extra precautions for 2 days after resuming pill taking.</p>
<p>Qlaira</p>	<p>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.</p>

WILL ULIPRISTAL ACETATE 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 Ulipristal Acetate 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.

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/>