

Emergency Contraception

Emergency contraception can help prevent unwanted pregnancy when:

- You have had sex without using contraception
- You think that your contraception might have failed (eg because a condom has split or you have forgotten to take your pill)

There are two types of emergency contraception:

- The “morning after” pill, which can actually be used up to 72 hours after sex
- The coil, which can be used up to 5 days after sex

The Family Planning Association provides expert advice on emergency contraception and urges people to remember that:

- It is free on prescription
- It is free from most pharmacies
- It is safe
- The treatment is confidential
- The sooner you use it, the more effective it is
- Almost every woman can use one of the methods – even women who can't take the regular combined pill
- There is no time limit to the number of times you can take it
- You can take it twice in one cycle
- It is not as effective as using other methods of contraception regularly

You DO NOT need to be registered with the Practice. If you need emergency contraception please make an appointment at Reception and we will arrange for you to be seen as quickly as possible.