

EMERGENCY CONTRACEPTION (EC)



EC also known as ?

- Post coital contraception
- The Morning after pill
- Secondary Contraception



Methods

Oral :

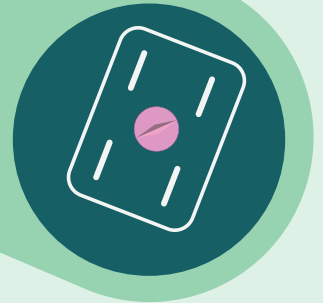
- Combined Oral Contraceptives (COCs): 30 Qg EE + 150 Qg LNG: 2



- Progestin - Only Pills (POPs):
Levonorgestrel LNG
1.5 mg LNG single dose
750 Qg LNG 2 tablets



- SPRMs: Ulipristal Acetate., 30mgms
Intrauterine device: TCU380A



Effective Emergency Contraceptive Pills (ECPs)

If 100 women each had unprotected sex once during second or third week of the menstrual cycle

100   No ESPs 8 Pregnancies      

100   Progestin-only ECPs 1 Pregnancy 

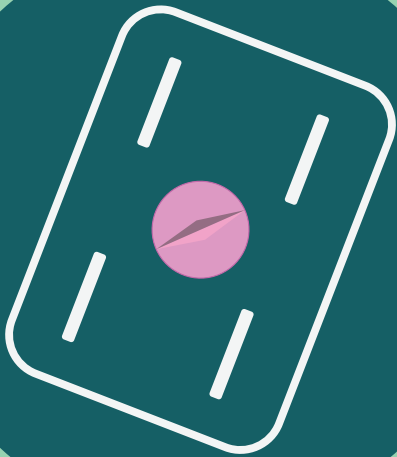
100   Combined estrogen Progestin ECPs 2 Pregnancies  

EC is very effective (98%) in preventing pregnancy if taken at the correct time.

Myths :

- EC can be a regular method
- One dose of EC protects against pregnancy in whole cycle.
- Only pills can be used as EC.
- In case of pregnancy after taking EC : birth defects are likely.

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Facts

- EC is not regular method, suitable regular contraception should follow EC.
- One dose of EC can cover only one act of Intercourse.
- Copper Intrauterine devices are excellent EC and will be ongoing method
- In case of pregnancy after EC: there is no risk of birth defects

Emergency Contraception (EC)

Misconceptions

- EC pill leads to abortion
- EC pill is available only on prescription
- EC pills are unsafe
- EC pill can be taken anytime

Emergency contraception (EC) should be used after unprotected sexual intercourse (ASAP or within 3 to 5 Days) to protect the woman from unintended pregnancy

- Where no regular contraception was in use

- Where regular method failed.

Examples :

- break in condom, forgotten birth control pills
- IUCD expelled
- Injection is delayed to four months and more

- Unexpected and forced sex as in assault.

As the name indicates EC is for occasional use. It is not regular contraception.

Side effects :

- Very few, very rare, transient and easily managed
- Nausea, vomiting, dizziness, headache, breast tenderness, irregular periods.
- When are side effects more? - On Repeated use, especially irregular periods.
- After EC use quick adaptation of regular contraception recommended.

Facts

- EC pill does not cause abortion, it only prevents conception
- EC pill is available without prescription, the newer one, Ullipristal acetate needs prescription
- EC does not cause medical harm
- EC must be taken within 72 hours of unprotected sexual act, the newer pill can be taken upto 5 days.

