**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

- **No ESPs**
  - 8 Pregnancies
- **Progestin-only ECPs**
  - 1 Pregnancy
- **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.
EMERGENCY CONTRACEPTION (EC)

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 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.

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 up to 5 days.