

# Emergency contraception and pregnancy information

## Emergency contraception

Emergency contraception reduces the chance of you getting pregnant after sex without a condom, or if your usual contraception has failed.

There are two emergency contraception options:

### Emergency IUD

An emergency IUD can be fitted within 5 days after unprotected sex/contraception failure, or up to 5 days after ovulation (which will be calculated by your clinician). After fitting, the IUD can act as a long term contraceptive method. Contact your GP or nearest sexual health clinic for an emergency IUD fitting.

### Emergency hormonal contraception (EHC)

*Sometimes called "the morning after pill"*

Emergency hormonal contraception is a pill you can take after sex without a condom (or a contraceptive failure) which reduces the chance of pregnancy by preventing or delaying ovulation.

You can get EHC for free at your GP surgery, by calling 111, from sexual health clinics and some pharmacies (visit [openclinic.org.uk](https://openclinic.org.uk) for a list of pharmacies where you can access EHC). Your school nurse may also be able to provide EHC.

It's not just for the morning after! EHC can be taken up to 5 days after having unprotected sex, depending on the kind of pill you take. There are two kinds of emergency contraceptive pill - Levonorgestrel has to be taken within 72 hours (3 days) of unprotected sex, and Ullipristal has to be taken within 120 hours (5 days) of unprotected sex.

### When should I take EHC?

We advise that you take EHC if you:

- Had unprotected sex (sex without a condom)
- Used a condom which split/came off
- Had sex after you missed your regular contraceptive pill
- If your contraception is out of date
- If your coil threads or implant cannot be felt

*(If any of these happen, we would also advise that you get a check-up for sexually transmitted infections)*



**EHC is an emergency form of contraception and shouldn't be used as a regular method of contraception.**

## Pregnancy testing

You can carry out most pregnancy tests from the first day of a missed period. If you don't know when your next period is due, do the test at least 21 days after you last had unprotected sex.

Pregnancy testing is available for free from sexual health services and GPs. Pregnancy tests are also available at pharmacies.



## Services that can help if you find out that you're pregnant

### Brook website

Information on a variety of pregnancy topics | [www.brook.org.uk/pregnancy](http://www.brook.org.uk/pregnancy)

### GP

Information and advice, referrals to midwifery and other services, depending on your decision | [Contact your local GP](#)

### Midwifery Team

Regular healthcare checks and support throughout pregnancy until birth  
Stoke-on-Trent & Staffordshire: [www.uhnm.nhs.uk/maternity](http://www.uhnm.nhs.uk/maternity) or call 01782 672181  
Shropshire & Telford: [www.sath.nhs.uk](http://www.sath.nhs.uk) or call 01743 261085

### OpenClinic Sexual Health Services

Pregnancy testing, sexual health services (e.g. STI testing) | [www.openclinic.org.uk](http://www.openclinic.org.uk)

### BPAS (for people in Shropshire and Telford & Wrekin)

Abortion care, advice and support | [www.bpas.org](http://www.bpas.org)

### NUPAS (for people in Stoke-on-Trent and Staffordshire)

Abortion care, advice and support | [www.nupas.co.uk](http://www.nupas.co.uk)

## Preventing unintended pregnancies

If you're having sex, using contraception is the best way to reduce the chance of getting pregnant. There are many types of contraception to choose from and different methods suit different people. Contraception is free from NHS services – even if you are under 16 you can access free contraception. Contact your GP or sexual health service ([www.openclinic.org.uk](http://www.openclinic.org.uk)) for contraception advice and information.



This leaflet was created for informational purposes only, by the OpenClinic Sexual Health Team, providing sexual health services across Stoke-on-Trent, Staffordshire, Shropshire and Telford & Wrekin. Visit [www.openclinic.org.uk](http://www.openclinic.org.uk) for more service information.