

# Contraception: What is right for you?

Every woman has the right to choose if and when she wants to become pregnant. If you are sexually active, the only way to prevent pregnancy is to choose an effective method of contraception, and to use it correctly and consistently.

There are only 2 ways to prevent pregnancy:

1. Not having sexual intercourse ( abstinence )
2. Using an effective method of contraception.

There are many safe and effective methods of contraception available today, and one of them is right for you.

Our friendly staff at the Fertility Control Clinic can help you decide what contraception is right for you.

We care about your sexual health and wellbeing and we are experts in fertility control and reproductive health with over forty years experience.

Our health facilities and services are accredited to best practice standards and guidelines thereby providing quality assurance for you.

Our staff work together to provide you the best level of patient care.

For help to choose the right method of contraception or for more information, please contact the Fertility Control Clinic.

# Emergency Contraceptive Pill

## What is an emergency contraceptive pill?

Also called the "Morning After Pill". Can be used when you have had unprotected sexual intercourse, the condom broke or failed, you have missed your regular contraceptive pill, or, in the case of rape. The pill is designed to prevent an unplanned pregnancy from occurring. It is a progesterone only pill and works by regulating the release of the egg from the ovaries. It does not stop an already existing pregnancy and fertilisation of the sperm and egg.

## How effective is it?

More than 95% effective contraceptive method if taken up to 24 hours after sexual intercourse. It is only 85% effective after 72 hours.

## Advantages?

You only need to take a single dose pill. You can resume your form of contraception immediately after taking the emergency contraception, and in most cases, women get their period as per their normal cycle. Ideally, the pill is to be taken within 24 hours of unprotected sex, but you take it up to 96 hours (4 days).

## Disadvantages?

It is only to be used in emergency-type situations and is not a long-term or ongoing form of contraception. Side effects may include nausea, tiredness and vomiting. You may also experience abdominal pain, headaches, breast tenderness and vaginal bleeding. If you vomit within 2 hours of having the pill, you must have an additional pill.

## Prevent STI sand HIV?

No. Only latex male condoms and female condoms protect against STIs.

## How to obtain it?

Fertility Control Clinic and your general practitioner. You do not need a prescription for this emergency contraceptive pill. Only you and your doctor can decide if this contraceptive method is right for you.



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