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| Contraception methods |
| Emergency contraception methods  |

The emergency contraceptive pill – a method used to reduce the chance of a pregnancy after unprotected sex

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| Method | Emergency contraceptive pill: ulipristal (UPA-EC) | Emergency contraceptive pill: levonorgestrel (LNG-EC) | The copper intrauterine device (IUD) |
| **Effectiveness** | * Not 100% effective
* More effective the earlier it is taken
* More effective than LNG-EC
 | * Not 100% effective
* More effective the earlier it is taken
* Less effective than UPA-EC
 | * 99% if inserted within 5 days of unprotected sex
 |
| **What is it?** | * Prevents or delays the ovaries releasing an egg
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* May also change the lining of the uterus (womb) to prevent development of a pregnancy
 | * A small plastic and copper contraceptive device
* Stops sperm from reaching and fertilising an egg
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| **How do you use it?** | * Best taken as soon as possible after unprotected sex
* Intended to be taken up to five days (120 hours) after unprotected sex
* Not recommended if you are breastfeeding or taking certain medications. The pharmacist will advise you about this.
 | * Best taken as soon as possible after unprotected sex
* Intended to be taken up to three days (72 hours) after unprotected sex
* All women can take it regardless of age
 | * You book an appointment for this procedure, where the IUD will be placed in your uterus by a doctor or a specially trained midwife
* It can then be left in place for up to at least ten years
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| **Where can you get it?** | * Available at pharmacies without a prescription
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 | * At a medical appointment with a health professional trained to provide it
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| **Considerations\***\* Note: Only condoms protect against sexually transmissible infections (STIs).  | * Should not be used as your usual method of contraception
* May cost more than LNG-EC
 | * Should not be used as your usual method of contraception
 | * Safe for most women, including young women and those who have never had children
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