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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 | * Prevents or delays the ovaries releasing an egg * 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 |
| **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 |
| **Where can you get it?** | * Available at pharmacies without a prescription | * Available at pharmacies without a prescription | * At a medical appointment with a health professional trained to provide it |
| **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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