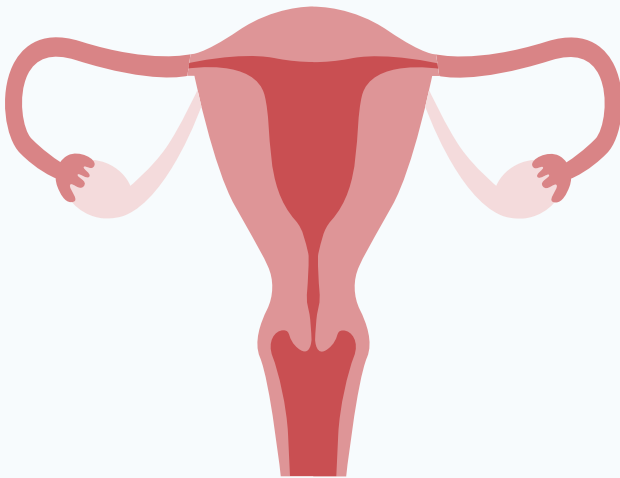


Our mission statement

Family Planning Welfare Association of NT will advocate for and provide enhanced reproductive and sexual health and wellbeing to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services



Get in touch with us!

www.fpwnt.com.au

Darwin Clinic - Unit 2, The Clock
Tower, Dick Ward Drive Coconut
Grove

Palmerston Clinic - Palmerston
Health Precinct Complex,
3 Gurd Street Farrar NT 0830

08 8948 0144

Family Planning
Welfare Association of NT Inc.

Emergency contraception

AKA "the morning after pill"



Emergency options to prevent
pregnancy after unprotected sex.
Around 85% effective. Most
effective when taken early.

What is emergency contraception?

Emergency contraception is used after unprotected sex. This could be:

- if you didn't use any contraception
- If you had a condom break
- If you forgot to take your oral contraceptive pill
- if you were sexually assaulted

Works by stopping or delaying ovulation. They do not cause an abortion.

What are the side effects?

Emergency contraception is very safe with no serious or long-lasting side effects. Short time side effects can include:

- breast tenderness
- nausea
- headache

Your period can change. You should do a pregnancy test if your period is more than a week late or if you have any unusual bleeding.

Types available

In Australia there are 3 types of emergency contraception available.

Levonorgestrel pill

- Available without a script from a chemist or at Family Planning
- Should be taken within 72 hours (3 days) of unprotected sex but works BEST if taken as soon as possible.
- Safe in breastfeeding

Ulipristal acetate

- Available without a script from a chemist or Family Planning.
- Should be taken within 120 hours (5 days) of unprotected sex. Works BEST if taken as soon as possible.
- If you are breastfeeding you will need to wait 1 week after ulipristal acetate before your breastmilk is safe again.

Copper IUD is another type of emergency contraception that works up to 5 days after unprotected sex. – see our Copper IUD brochure

When do I use emergency contraception?

Levonorgestrel pill = up to 72 hours after unprotected sex

Ulipristal acetate = up to 120 hours after unprotected sex

You do not need parent/guardian consent for the emergency contraceptive pill.