



The emergency contraception can not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can also buy them from shops or pharmacies.

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

www.centralexualhealth.org

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590870 (Monday – Friday 8am to 5pm), fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

What you need to know about

Emergency Contraception



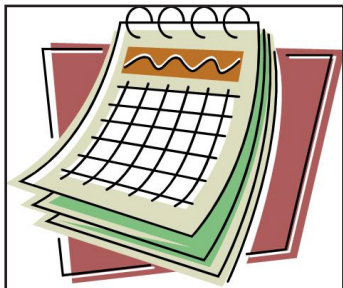


If you have had sex without using a contraceptive you may need to use emergency contraception.

Emergency contraception is for emergencies only. It can not be used as a regular method of contraception.

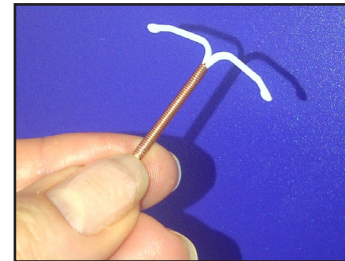


Emergency contraception is used to prevent pregnancy.



There are 2 types:

1. Emergency contraception is one pill. It can be taken up to 5 days after having sex. It works better if you take it as soon as possible after sex.



2. The IUD is sometimes called the coil. It is a small copper and plastic device which is put into your uterus. The coil must be fitted by a doctor or a nurse.



The emergency contraception pill is available from Central Sexual Health. It is also available free from most pharmacists in Forth Valley.

If you need the IUD you will have to attend a Sexual Health Clinic or speak to your GP.



When you are given emergency contraception you will get information and advice about other methods of contraception.