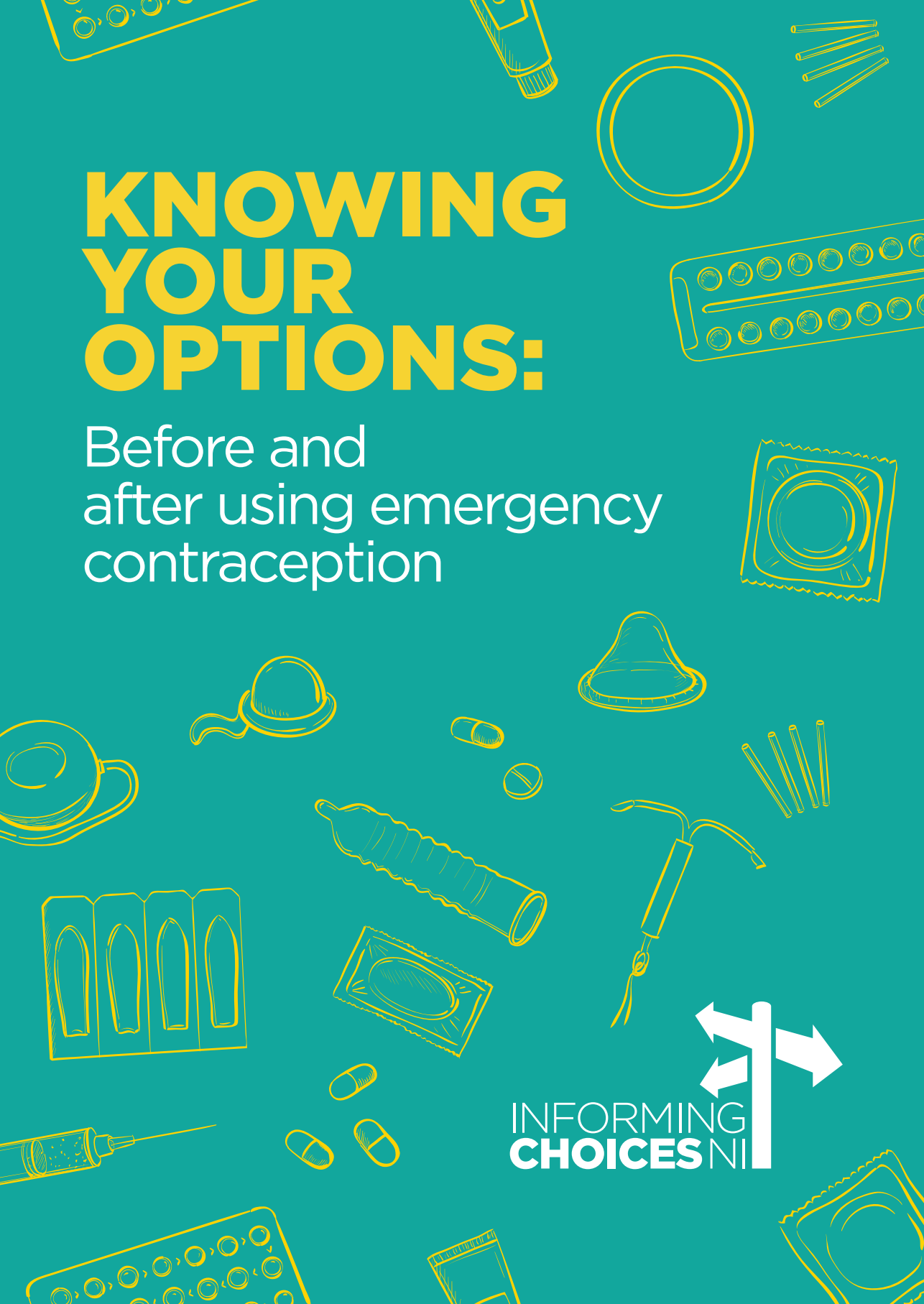


KNOWING YOUR OPTIONS:

Before and
after using emergency
contraception

INFORMING
CHOICES NI



Emergency Contraception

You can use emergency contraception to prevent becoming pregnant if you have had sex without using contraception, or you think your contraception may have failed – for example a condom split or you forgot to take your oral contraceptive pill.

There are different types of emergency contraception available:

- the emergency intrauterine device (IUD), sometimes called ‘the coil’;
- the emergency contraceptive pill with the active ingredient ulipristal acetate, e.g., ellaOne;
- the emergency contraceptive pill with the hormone levonorgestrel, e.g., Levonelle.

An emergency IUD involves a small plastic and copper device that’s fitted in your womb up to five days after unprotected sex, or up to five days after the earliest time you could have ovulated. This is the most effective form of emergency contraception and can be accessed at some GP practices or by contacting a sexual and reproductive health clinic within your Health and Social Care (HSC) Trust. If you are attending for an IUD, you may also be asked to take an oral tablet.

If you chose to take the emergency contraceptive pill, ellaOne is more effective at preventing pregnancy than Levonelle. However, there may be times when Levonelle is more suitable to take. ellaOne can be taken within five days of unprotected sex whereas Levonelle should be taken within three days. **The sooner you take the medication, the more effective it will be.** The emergency contraceptive pill is available either on prescription, or from a sexual and reproductive health clinic or community pharmacy.

Can it fail?

The emergency contraceptive pill is ineffective if it is taken after ovulation. If you vomit within three hours of taking the emergency contraceptive pill speak with a GP, pharmacist or a healthcare professional working within a sexual and reproductive health clinic as you will need to take another dose. Alternatively, you could have an emergency IUD fitted.

Ongoing contraceptive choices

If you use the IUD as emergency contraception, it can be left in and used as your ongoing contraceptive. If you take the emergency contraceptive pill, or you don’t wish to continue using the emergency IUD as your form of contraception, you may wish to consider other methods.

Oral contraceptive pills can now be posted to you, or collected at your nearest sexual

and reproductive health clinic depending on the HSC Trust area you live in. This will follow a medical consultation conducted over the telephone.

Progesterone-only oral contraceptive pills are now also available to buy without prescription in the UK after a consultation with a pharmacist. Alternatively, you may wish to obtain it on prescription by contacting your GP, or access a three-month supply at a community pharmacy.

Long-acting reversible contraception (LARC)

LARC is contraception that doesn't depend on you remembering to take or use it to be effective. An IUD is a LARC method, as is an intrauterine system (IUS) (another type of coil), the contraceptive implant and the contraceptive injection.

These forms of contraception are available at some GP practices or local sexual and reproductive health clinics. Clinics operate on an appointment only basis. To self-refer please see details below. Waiting lists for LARC can vary. This will be discussed with you during your consultation.

Central booking information for ongoing contraception

Belfast Trust

Tel: **028 9504 5500**

Northern Trust

Tel: **028 2826 6163**

South Eastern Trust

Tel: **028 9041 3796**

Email: familyplanning@setrust.hscni.net

Southern Trust

Tel: **028 3756 2200**

Email: contraception@southerntrust.hscni.net

Western Trust

Tel: **028 7132 1758**

Common Youth provides free, confidential sexual health services for young people aged 24 and under in their Belfast clinic. For more information, email

hello@commonyouth.com or call **028 9032 8866**.

The C-Card (Condom Distribution) scheme is a confidential sexual health service for young people aged 16–25. It provides free condoms, lubricants, information, support and advice at convenient times and in a variety of locations across Northern Ireland. For more information, please visit www.sexualhealthni.info.

Sexually transmitted infections (STIs)

Having sex without using a condom can put you at greater risk of contracting an STI. STIs are passed to another person through unprotected vaginal, anal or oral sex, by genital contact and through the sharing of sex toys. You don't need to have multiple sexual partners to contract an STI.

Testing for STIs

The length of time it takes from contracting an STI to it showing up on a test varies depending on the type of infection. This is often referred to as the 'window period'. The window period for chlamydia and gonorrhoea is two weeks. This means a test taken less than two weeks after unprotected sex might not pick up these infections. So, you should wait two weeks after unprotected sex before testing.

For a blood test, the window period is longer, seven weeks after potential exposure for HIV, and 12 weeks for syphilis, hepatitis B and hepatitis C. However, Hepatitis C can sometimes take up to six months to show in a test.

If you are worried that you may have contracted an STI but don't have any symptoms you can order a free home test kit at www.sh24.org.uk. If you have symptoms, e.g., pain during sex, irregular bleeding, pain when passing urine or unusual discharge, you should arrange an appointment in a genito-urinary medicine (GUM) service using the clinic details below. Until you've had a check-up you should not have sex, including oral sex, without using a condom.

Sexual health screening is available across Northern Ireland. You can attend a clinic in a different HSC Trust to the one you live in. By doing so you may be able to get an earlier appointment.

If you think you have been exposed to HIV, contact a GUM service or your nearest Emergency Department within 72 hours of exposure to seek advice as you may be eligible for post-exposure prophylaxis (PEP). PEP is medication that can help prevent the development of HIV.

Central booking numbers for advice and treatments for STIs

Belfast Trust

Tel: **028 9615 2111**

Northern Trust

Tel: **028 7034 6028**

South Eastern Trust

Tel: **028 4483 8133**

Southern Trust

Tel: **028 3756 2080**

Western Trust

Tel: **028 7161 1269**

Common Youth also run an STI service for young people aged 24 and under in their clinic in Belfast. For more information, email hello@commonyouth.com or call **028 9032 8866**.

Pregnancy counselling support

Having sex without using contraception can put you at risk of pregnancy. Sometimes when faced with an unplanned or crisis pregnancy it is difficult to discuss it with family and friends. This can leave you feeling vulnerable and isolated at a time when you need support.

Informing Choices NI (ICNI) provides non-directive pregnancy choices counselling to all age groups. This means the counsellor has no opinion about what is best for you and is there to provide a confidential and non-judgmental place for you to explore feelings around your pregnancy, and the options that are open to you i.e. continuing with the pregnancy, abortion and adoption.

Counselling offers a safe place to talk about anything that may be confusing, painful or uncomfortable. It's often a relief to talk openly to someone you don't know about the issues you face and can also be an opportunity to help you prepare what you may want to discuss with family or friends.

Making an appointment

Counselling can be a one-off appointment or regular sessions to discuss the range of issues you have in more detail. The service is provided either face-to-face, or via the telephone, and you can self-refer by calling **028 9031 6100**.

ICNI also offer post pregnancy counselling, including post abortion support. There is no cost to avail of these services.

Abortion care

Abortion care is available in Northern Ireland. The treatment offered and the location it is provided in will depend on how many weeks pregnant you are. For more information, please visit www.nidirect.gov.uk/articles/abortion-services.

Further information and support

Cara-Friend

LGBTQI+ Switchboard: **0808 8000 390**

Website: www.cara-friend.org.uk

Common Youth

Tel: **028 9032 8866**

Website: www.commonyouth.com

Here NI

Tel: **028 9024 9452**

Website: www.hereni.org

Informing Choices NI

Sexual Health Helpline: **028 9031 6100**

Website: www.informingchoicesni.org

Nexus NI

Domestic and Sexual Abuse Helpline: **0808 802 1414**

Website: www.nexusni.org

Mermaids

Tel: **0808 8010 400**

Website: www.mermaidsuk.org.uk/northern-ireland

Positive Life NI

HIV Helpline: **0800 137 437**

Website: www.positivelifeni.com

Rainbow Project

Tel: **028 9031 9030 / 028 7128 3030**

Website: www.rainbow-project.org

The Rowan – Sexual Assault Referral Centre

Tel: **0800 389 4424**

Website: www.therowan.hscni.net

Transgender NI

Tel: **0300 302 3202**

Website: www.transgenderni.org.uk



Central Office
Informing Choices NI
3rd Floor, Ascot House
24-31 Shaftesbury Square
Belfast, BT2 7DB

Tel: 028 9031 6100

Email: info@informingchoicesni.org

Website: www.informingchoicesni.org

X: @ICNI2019

Facebook: /InformingChoicesNI

Instagram: informing.choices

Informing Choices NI (trading as ICNI) Ltd is a charity registered with the Charity Commission for Northern Ireland (NIC107581).

Companies House registration number NI661550.



Project supported by the PHA

