Fact Sheet - Lao

 yakxai thamkaem khaenlasii (ECP) The Emergency Contraceptive Pill

กำยềnອຳນາການມີສາທາລະນາ (ECP) (ບັງຄົມທອມເທົ່າທີ່ອັນສະຽງ ໄດ້ກ່າວນີ້)

ມະນາທີທີ່ຕ້ອງກ່າວ ສິດໃຫ້ໃຊ້ສະໜັບສະໜ່າ (ມະນາທີ ວັນໃນອາຫານເອີ້ນແກ້ຂະນະກັບການສຶກສາ) ທ່ານສາມາດຮັບຊ່ວຍເຫຼືອນັ້ນ ໃນເທິງເຊິ່ງທ່ານຖ້າທ່ານມີູກິນຢາຕອນເລີ້ມ. ທ່ານສາມາດລັດຖະບານມາຮັບການອຸປະຖຳໂດຍກະຊວງສາທາລະນາສາກົນ

ການປັບທະນາຂໍ້ມູນໃນໜ້ານທີ່ຕ້ອງ ມັນແມ່ນສະໜອງເພື່ອຈຸດປະສົງດ້ານການສຶກສາເທົ່ານັ້ນ. FNPNSW 06/14

ດ້ວຍຈະກ່າວນີ້ແມ່ນການກັງວົນໃນນັ້ນເພື່ອໃຫ້ສະຫະການຕັ້ງທ້ອງກັນ ໄດ້ຮັບການອຸປະຖຳໂດຍກະຊວງສາທາລະນາສາກົນ

ຈ່າຍງານຂໍ້ມູນທັງໝັດຢ່າງໃດ? ໃນອາຫານເອີ້ນແກ້ຂະນະກັບການສຶກສາ (Talkline) ບໍ່ກ່າວມັນໂດຍບໍ່ສຳຂະພາບນີ້ສາມາດໂດຍບໍ່ກ່າວນີ້ຂອງທ່ານຈະກັງວົນຕ້ອງການຂອງທ່ານໂດຍບໍ່ຕ້ອງມັນໂດຍບໍ່ສຳຂະພາບນີ້ສາມາດໂດຍບໍ່ກ່າວນີ້ຂອງທ່ານຈະກັງວົນ

MIT 100 x 140 x 20 mm

ການຕັ້ງທ້ອງທີ່ເກີດຂຶ້ນແລ້ວ ຫຼືທາລະນາທ່ານຍັງເປັນຕົວອ່ອນຫຼືເດັກຄວນສືບຕໍ່ໃຊ້ວິທີຄຸມກຳເນີດແບບອື່ນອີກຕໍ່ໄປ, ທາລະນາທ່ານຍັງມັນໄດ້ຮັບການປ່ອຍໄຂ່ອອກມາຢານີ້ເຮັດວຽກຢ່າງໃດ?

ຢາເມັດຄຸມກຳເນີດສຸກເສີນຈະເປັນຜົນຫຼາຍຂຶ້ນຖ້າທ່ານກິນຂ້ອຍຈະກິນຢານີ້ຢ່າງໃດ?

ຢາຄຸມກຳເນີດສຸກເສີນຈະເປັນຜົນຫຼາຍຂຶ້ນຖ້າທ່ານກິນຂ້ອຍຈະກິນຢານີ້ຢ່າງໃດ?

ຕັ້ງທ້ອງ (ECP)

ECP (ບາງເທື່ອກໍເອີ້ນກັນຜິດໆວ່າ

ຢາເມັດຄຸມກຳເນີດສຸກເສີນຫຼື

The Emergency Contraceptive Pill

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ບໍ່ໄດ້ຮັບຄວາມສາມາດເພື່ອຮັບປະກັນວ່າຂໍ້ມູນນີ້ຖືກຕ້ອງແລະ

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THE EMERGENCY CONTRACEPTIVE PILL (ECP)

What Is The Emergency Contraceptive Pill?
The emergency contraceptive pill or ECP (sometimes wrongly called the ‘morning after pill’) is a single dose of a hormone called levonorgestrel (also used in some contraceptive pills). You can take it to reduce the chance of getting pregnant after having unprotected sex, for example, if you did not use any contraception, if you missed your usual contraceptive pill, or you used a condom that broke during sex.

How Does It Work?
The emergency pill can prevent or delay the release of an egg from a woman’s ovaries. If you use the emergency pill, you should keep on using other contraception, e.g. the Pill or condoms or you could still become pregnant. The emergency pill does not interrupt an established pregnancy, or harm a developing embryo or fetus if it is accidentally taken early in pregnancy.

Are There Any Side Effects?
You might have some vaginal bleeding a few days after using the emergency pill.

The emergency pill is very safe to use with no serious or long-lasting side-effects. Some women have experienced an irregular period after taking the emergency pill and a few may have nausea or breast tenderness. If you have vomiting less than two hours after you take a dose of emergency contraception you should take another dose.

How Effective Is it?
The emergency pill is most effective when taken in the first 24 hours after unprotected sex. If taken within three days of unprotected intercourse the emergency pill will prevent approximately 85% of expected pregnancies. You may need to have a follow-up pregnancy test to make sure you are not pregnant, in a few weeks.

How Do You Take It?
Emergency contraception is more effective the sooner you take it after unprotected sex. It is most effective if taken within 24 hours of unprotected sex. However it can still be used up to 120 hours (five days). It is safe to use the emergency pill more than once in a cycle.

When Should You Get Your Next Period?
Most women have a period at about the expected time.

What If Your Period Is Late?
If your period is more than a week late, you should do a pregnancy test and contact your doctor or Talkline for advice.

Where Can I Get The Emergency Pill?
You can get the emergency contraceptive pill from pharmacies without a doctor’s prescription. It costs about $20-$30. The pharmacist may ask you a few questions to be sure that it is safe for you to take this medication. It is also available from Family Planning NSW clinics.

For Further Information
• Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
• NRS (for deaf) 133 677
• Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic.

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