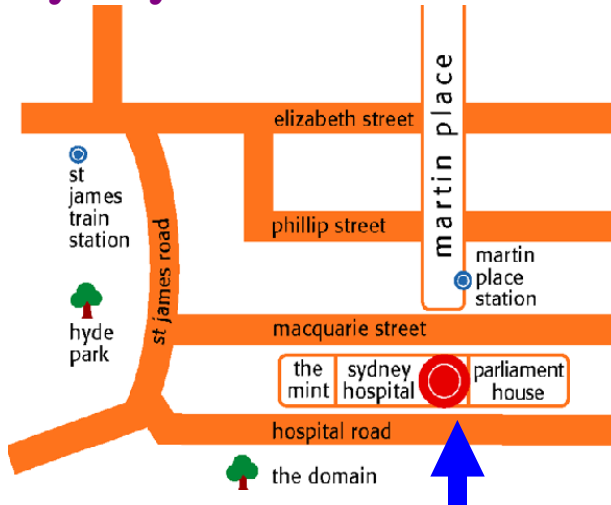


## Sydney Sexual Health Centre



The Sydney Sexual Health Centre provides a free, confidential and comprehensive service that helps put you in control of your sexual health. The service supports your sexual health by providing screening, vaccination and management of sexually transmissible infections including HIV and hepatitis B, women's and men's sexual health care, education, individual and couple counselling, and needle and syringe exchange. The service offers a choice of male and female doctors, nurses and counsellors who are respectful of your lifestyle and sexuality.

### NO MEDICARE CARD REQUIRED

#### Hours:

**Monday, Tuesday, Thursday, Friday 10am-6pm**  
**Wednesday 2pm to 6pm**

**Telephone: (02) 9382 7440**

1800 451 624 freecall outside Sydney

Internet:

[www.sesahs.nsw.gov.au/sydhosp/SSHC.htm](http://www.sesahs.nsw.gov.au/sydhosp/SSHC.htm)

## NSW/ACT Sexual Health Services

### Free & confidential sexual health care

Albury	Ph: (02) 6058 1840
Armidale	Ph: (02) 6776 4738
Bourke	Ph: (02) 6872 2145
Broken Hill	Ph: (08) 8080 1556
Canberra	Ph: (02) 6244 2184
Coffs Harbour	Ph: (02) 6656 7865
Dareton	Ph: (03) 5021 7200
Dubbo	Ph: (02) 6885 1700
Forster	Ph: (02) 6555 6822
Gosford	Ph: (02) 4320 2114
Goulburn	Ph: (02) 4827 3913
Griffith	Ph: (02) 6966 9900
Katoomba	Ph: (02) 4784 6560
Kings Cross	Ph: (02) 9360 2766
Kogarah	Ph: (02) 9350 2742
Lightning Ridge	Ph: (02) 6829 1022
Lismore	Ph: (02) 6620 2980
Liverpool	Ph: (02) 9827 8022
Manly	Ph: (02) 9977 3288
Marrickville	Ph: (02) 9560 3057
Mt Druitt	Ph: (02) 9881 1733
Newcastle	Ph: (02) 4923 6909
Nowra	Ph: (02) 4423 9353
Orange	Ph: (02) 6392 8600
Parramatta	Ph: (02) 9843 3124
Penrith	Ph: (02) 4734 2507
Port Kembla	Ph: (02) 4276 2399
Queanbeyan	Ph: (02) 6298 9233
Richmond	Ph: (02) 4578 1622
St Leonards	Ph: (02) 9926 7414
Sydney City	Ph: (02) 9382 7440
Tamworth	Ph: (02) 6766 3095
Taree	Ph: (02) 6592 9421
Wagga Wagga	Ph: (02) 6938 6492

English  
 January 2003  
 [SSH-6900]

want to know  
 more about

**EMERGENCY  
 CONTRACEPTION**

**SSHC** SYDNEY  
 SEXUAL  
 HEALTH  
 CENTRE

## **What is The Emergency Pill?**

The emergency pill (sometimes called the morning after pill,) is a special dose oral contraceptive pill. You take it to reduce the chance of pregnancy after unprotected sex, i.e. if you did not use contraception, or if you used a condom but it broke, or slipped off during sex.

If you have unprotected sex and you don't want to get pregnant, you need to take the emergency pill as soon as possible and within 5 days of the first unprotected intercourse. The sooner it is taken after unprotected sex the better the treatment works. The longer you leave it after the unprotected sex, the higher the failure rate.

### **How does the emergency pill work?**

The emergency pill works in two ways:

1. It delays ovulation (the release of an egg from your ovaries),
2. If ovulation has already taken place, it can stop a fertilised egg from implanting in the womb.

You should keep on using other contraception, eg. the pill or condoms, for the rest of the cycle in case you ovulate AFTER taking the emergency pill. Otherwise you could still become pregnant.

### **How to take the emergency pill?**

Take the 2 pills together as one dose within 5 days after unprotected sex. It is very important you take the pills as soon as possible after unprotected sex.

### **Are there any side effects?**

Most women do not get side effects after taking the medication. Rarely, some women may have nausea and vomiting, breast discomfort and changes in their menstrual pattern.

### **Vomiting after taking the pills**

If you vomit within two hours of taking the pills, you will need to return to the clinic or see a doctor as soon as possible, as you will need to repeat the dose.

### **When to expect your period**

Most women have a period at the expected time. If your period is more than a week overdue, talk to a Sexual Health Clinic or your local doctor and have a pregnancy test done just to be sure.

### **What other options do I have?**

The IUD (intrauterine device) is a small flexible plastic and/or copper object that is

inserted into your uterus (womb) through the vagina. IUDs stop pregnancy by preventing the sperm and egg from meeting and the egg from settling in the uterus. This is a good option for women who are planning to use an IUD as a long-term method of contraception. It is 99% effective if inserted within five days of the unprotected sex.

### **Protect Yourself**

Emergency contraception is not meant to be used as a regular form of contraception. It is for emergencies only. Also, it does not protect you against sexually transmissible infections. As you have had unprotected sex or a broken condom, you may want to consider testing for sexually transmissible infections. The tests should be done 10-14 days after the unprotected sex or broken condom either by your local doctor or sexual health clinic.

If you do not have a regular method of contraception, talk to a Sexual Health Clinic, or your local doctor to find out what suits you best. Whatever method you choose, you may want to use condoms as well, because they will help to protect you against sexually transmitted infections. If you rely on condoms alone for contraception, it may be wise to have the emergency pill available at home in case a condom breaks or slips off. Ask the nurse or doctor about this.