



Patient Management: *Clinician Call Back System*

modification date:	June 14, 2013
content:	Frequently Asked Questions_ Emergency Contraception

Overview

This document details the most frequently asked questions by CHOICE participants regarding emergency contraception and provides an answer guide for staff. In this table, green represents questions which CHOICE receptionists were trained to answer, yellow represents questions which the CHOICE contraceptive counselors and staff nurse were trained to answer (in addition to the green questions). There were no questions regarding emergency contraception requiring a Clinician Call Back (CCB). Refer to the [Clinician Call Back System Overview](#) for further information.

KEY: STAFF LEVEL OF KNOWLEDGE	
	Receptionists
	Contraceptive Counselors, Staff Nurse

<i>Where can I get emergency contraception?</i>	Anyone can purchase emergency contraceptive pills without a prescription from a pharmacy. Ella® is the only emergency contraceptive pill that requires a prescription.
<i>The condom broke when my partner and I were having sex last night. What should I do?</i>	It would be a good idea for you or your partner to visit your local pharmacy and buy emergency contraception. You can take EC up to five days after an act of unprotected sex, although the sooner you take it the better. You may also want to make an appointment to get tested for sexually transmitted infections.
<i>My friend said emergency contraception made her sick.</i>	It can be helpful to take EC with a small amount of food to prevent nausea. If you throw up within an hour of taking the pills you may want to consider repeating the dose.
<i>When should I take emergency contraception?</i>	You can take emergency contraception up to five days after an act of unprotected sex, although the sooner you take it the better. The copper IUD is actually the most effective form of emergency contraception. The copper IUD can be placed up to five days after unprotected sex and you can continue to use it to provide highly effective contraception.
<i>How effective is emergency contraception at preventing pregnancy?</i>	The effectiveness depends on what type of EC you use and how soon you use it. Plan B One Step®, Next Choice One Dose®, and Next Choice® can be

	<p>taken up to five days after unprotected sex, but the sooner you take them the more effective they are at preventing pregnancy. Ella® is a new form of EC that requires a prescription. You can take Ella® anytime during the five days after unprotected sex for pregnancy protection. Ella® is the preferred emergency contraceptive pill if you had unprotected sex more than 72 hours ago. The copper IUD can also be used as EC if inserted up to five days after unprotected sex and it is greater than 99% at preventing pregnancy. It continues to provide effective pregnancy prevention after it is inserted.</p>
<p><i>Is emergency contraception the same as the abortion pill?</i></p>	<p>No, emergency contraceptive pills prevent or delay the release of an egg, and thus prevent the sperm and egg from coming together (or fertilization). Emergency contraceptive pills will not harm a pregnancy that has already occurred.</p>
<p><i>Will emergency contraception affect my next period?</i></p>	<p>It may cause your period to come a little early, a little late, or it may come at the normal time. If you haven't started your period three weeks after taking EC you may want to take a pregnancy test.</p>
<p><i>I had unprotected sex and took EC and then had unprotected sex again four days later. Am I still protected from an unintended pregnancy?</i></p>	<p>No. You should take another dose of EC to prevent an unintended pregnancy. You may also want to consider starting a more reliable birth control method.</p>
<p><i>Is taking too much emergency contraception going to hurt my body?</i></p>	<p>There are no medical contraindications to the use of Plan B One Step®, Next Choice One Dose®, or Next Choice® emergency contraceptive pills. However, they should not be used as a primary method of preventing pregnancy because of the higher possibility of failure compared to other forms of birth control. In addition, frequent use of emergency contraception can result in unwanted side effects such as menstrual irregularities, headaches, and nausea, although their repeated use poses no known health risks. Plus, it would be a really expensive form of birth control!</p>