

INTEGRATED SEXUAL HEALTH SERVICE

WHAT YOU NEED TO KNOW ABOUT:

EMERGENCY CONTRACEPTION



<http://sexualhealth.cht.nhs/think-sexual-health>





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 of emergency hormonal contraception pill (sometimes called the morning after pill) which can be taken, and a doctor or pharmacist can advise you which is most suitable. However these are more likely to work if you take these as soon as possible after unprotected sex.



The emergency contraception pill is available from Sexual Health Services. It is also available free from most pharmacists in Calderdale.

Our service website has more details about where you can get emergency contraception.



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.

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.



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



Calderdale and Huddersfield
Sexual Health Services

You can get condoms free from sexual health clinics, some GPs, some pharmacies, and all youth clubs.

Take a look at our website for more information on services.

You can find our website by typing in the address below or typing “Calderdale Sexual Health” in to any search engine and our website will appear near the top of the results.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>
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.

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