

## STD check-up information

STD Services web site:

[www.stdservices.on.net/clinic275/check-up.htm](http://www.stdservices.on.net/clinic275/check-up.htm).

## Contraceptive information

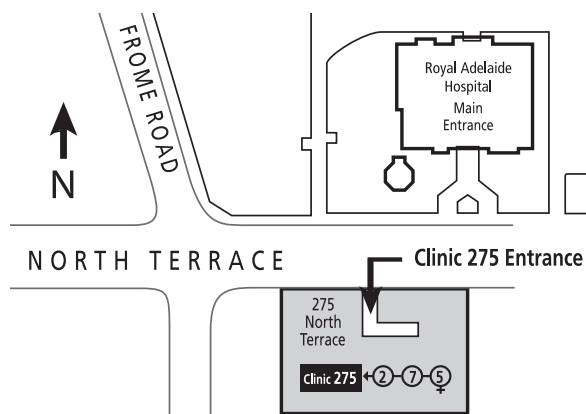
SHine SA:

[www.shinesa.org.au](http://www.shinesa.org.au)

Child and youth health – Youth topics:

[www.cyh.com/cyh/youth/index.stm](http://www.cyh.com/cyh/youth/index.stm)

## Location



## Disclaimer

The information contained within this publication is for general information only. Readers should always seek independent, professional advice where appropriate. Royal Adelaide Hospital will not accept any liability for any loss or damage arising from reliance upon any information in this publication.

Please refer any questions about this information to your treating medical officer and/or nursing staff.

## For more information

### Sexually Transmitted Diseases Services

**Monday, Thursday and Friday**  
10am – 4.30pm

**Tuesday and Wednesday**  
11am – 6.30pm

**1st floor, 275 North Terrace**  
Adelaide 5000

**Telephone**  
8222 5075

**Toll free country call**  
1800 806 490

**Email**  
[std.services@health.sa.gov.au](mailto:std.services@health.sa.gov.au)  
[www.stdservices.on.net](http://www.stdservices.on.net)

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre on (08) 8226 1990 and ask them to call the Royal Adelaide Hospital. This service is free.

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Royal Adelaide Hospital  
Sexually Transmitted Diseases Services

# Emergency contraception

No appointment necessary  
Free and confidential advice, testing and  
treatment for all STDs including HIV/AIDS

# Emergency contraception

Clinic 275 offers STD check-ups to clients who have had unprotected sex and may have contracted sexually transmitted infections. In addition, some women may become pregnant as a result of unprotected sex so the clinic also offers the 'morning after' pill (MAP).

## The 'morning after' pill

The 'morning after' pill is an emergency contraceptive but can be taken up to five days after unprotected sex. It is used to reduce the chance of pregnancy after unprotected sex and is 90% effective if taken in the first 24 hours after unprotected sex.

It becomes less effective the longer the time after unprotected intercourse.

The 'morning after' pill contains hormones similar to those in regular contraceptive pills.

The medication can be bought over the counter at pharmacies or provided at Clinic 275, Shine or a GP.

## When is it used?

- > After sex without a condom
- > when a condom breaks during sex
- > if you miss two or more contraceptive pills.

It may not work as well if used more than once in the same menstrual cycle.

## How is it used?

The 'morning after' pill should be taken as soon as possible within 120 hours (five days) of unprotected sex. It is more effective if taken in the first 24 hours.

The hormone levonorgestrel, at a dose of 1500 micrograms, is taken as soon as possible after unprotected sex. This is supplied as either two tablets (two x 75mg).

The same medication is also available over the counter from pharmacies as Postinor-2 (two tablets).

If you take oral contraceptive pills, continue taking them as usual.

## What to expect

You may experience bleeding or spotting. This may occur soon after taking the pills or around the time you expect your next period. This bleeding is due to the 'morning after' pill and does not necessarily mean you are not pregnant. Most women will get a normal period when expected after taking the MAP but your period may be late.

If you do not get a period within a month after taking the MAP you should have a pregnancy test.

## Side effects

Occasionally the MAP can cause headaches, nausea or dizziness which will usually be gone after two days.

Nausea or vomiting is unlikely, but if you do vomit within two hours of taking the tablets you will need to repeat the dose.

If you are concerned, contact Clinic 275, SHine SA or your local medical clinic.

## Is it safe?

The 'morning after' pill is a very safe medication. Women who cannot take combined oral contraceptive pills for medical reasons can usually safely take the 'morning after' pill.

You will need to inform the doctor of any medication you are currently taking, as some drugs interfere with the action of the 'morning after' pill.

## When to come back

Vaginal bleeding similar to a normal period may occur after taking the 'morning after' pill, but you could still be pregnant.

It is important that you come back to the clinic in three weeks, for a urine pregnancy test if you do not have a normal period after the ECP or are concerned about being pregnant.

If you need the 'morning after' pill, you may also have been exposed to sexually transmitted infections. When you come back to the clinic for the pregnancy test, you can have a full STD check-up. The results of all tests are available one week later.

You need to attend the clinic in person to collect your test results, as we do not give results over the phone.