Emergency contraception is available free of charge from your GP, contraception or sexual health clinics, walk in centres, minor injuries units, Primary Care Centres and some pharmacies. Please ring NHS Direct for more information: 0845 46 47

Levonelle 1500
(the morning after pill)

How to use emergency contraception

Please telephone the sexual health service in your area for up to date information about their clinic times.

If you live in Gateshead ring 0800 42 20 200 for information about sexual health services in the Gateshead area.

If you live in South Tyneside ring 0191 451 6108 for information about sexual health clinics in the South Tyneside area.

If you live in Sunderland ring 0191 569 9966 for information about sexual health services in the Sunderland area.

However, you can choose to go to a clinic in any of the areas listed if you wish.

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk

Gateshead Primary Care Trust
South Tyneside Primary Care Trust
Sunderland Teaching Primary Care Trust
Levonelle 1500 can be taken to prevent pregnancy after unprotected sexual intercourse, when no contraception has been used or when contraception has failed—for example if a condom has burst, or you have missed any contraceptive pills.

**It is more effective the sooner you take it.**
- If you take it within 24 hours it may prevent up to 95% of pregnancies

You can get the tablet from GP’s, pharmacies, walk in centres, minor injuries units and sexual health clinics and it should be taken within 72 hours (three days) of unprotected sex.

It may be possible to take the tablet up to 120 hours (five days) after sex and you will need to attend a contraception or sexual health clinic for this. The contact details for these services are on the back of this leaflet.

**About your tablet**
- You have been prescribed a pack containing one tablet. Take it as soon as possible
- If you are sick (vomit) within three hours of taking the tablet you need to return for urgent advice. You may be given another tablet or consider having an emergency coil (intra-uterine device) fitted

**What to expect after taking the tablet**
- You **must** use an effective form of contraception (e.g. condoms) or avoid sex until your next period
- If you have missed contraceptive pills you should have been told what to do about continuing them
- Your next period will usually be on time but sometimes it can be earlier or later than expected
- If your period is more than seven days late, lighter than usual or you experience any abdominal pain contact your GP or visit your local Contraception or Sexual Health Clinic as you may need a pregnancy test
- Levonelle 1500 does not always prevent pregnancy. If you do become pregnant there is no evidence that the tablet will harm the baby
- You will need to decide what method of contraception to use in the future. Ask at your local contraception clinic, your GP or practice nurse, your local pharmacy, or school nurse for more information.