Emergency contraception

If you have had sex without using contraception or a condom, the quickest method might have failed. There are two emergency methods you can use:

- **Emergency pill** must be started up to three days (72 hours) after sex; they are more effective the earlier they are started after sex.
- **Emergency injection** must be started up to five days after sex.

Sexually transmitted infections

- Male and female condoms can help protect against sexually transmitted infections. Male condoms should only use the ED Lubricant (ED-4000) and barrier contraception specific to their device or protect against some sexually transmitted infections.

How fpa can help you

fpa, Independent Contraception Education Service (CfS) is open Monday to Friday from 9am to 5pm.

- For more information and advice on contraception, contact the fpa helpline or your local clinic.
- A wide range of clinics offer free and confidential advice.

Emergency contraception

If you have not taken the pill for more than 2 weeks, you may take it. However, it is not as effective as the emergency pill.

New at fpa

- fpa Northern Ireland
- fpa Scotland

Safe sex

- Abstinence
- Condoms
- Oral contraceptives
- Dual protection

National uptake

- 22.4%
- 22.4%
- 22.4%

In England

- 22.4%
- 22.4%
- 22.4%

In Scotland

- 22.4%
- 22.4%
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- 22.4%
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In Wales

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The progestogen-only pill (POP)

The pill contains a progestogen hormone which is similar to the natural progesterone women produce in their ovaries. Progestogen-only pills are different to combined pills because they do not contain any estrogens. There are different types of progestogen-only pills to choose from:

- The POP works in a number of ways.
- It makes your periods heavier and longer, sometimes for a few days before your period.
- It also makes your uterus less hospitable to a fertilised egg.
- It can sometimes stop your periods completely (see below).

Where can I get the POP?

Family planning doctors, nurses, and GP's will all discuss POP's with you. You can get the POP from your GP if you prefer not to see your own doctor (see page 11). What are the advantages of the POP?

- There are no ovum-sparing effects with the POP.
- It doesn't interfere with sex.
- You cannot use it if you are breastfeeding.
- It is useful if you cannot take contraceptives, the POP is used in the combined pill.
- You can use it at any age, but it is especially useful if you are over 35 and you smoke.
- It helps to prevent pre-menstral tension and painful periods.

What are the disadvantages of the POP?

- You may not have regular periods when you are taking the POP. This is because your periods stop altogether or they may go very irregular.
- You may feel dizzy and fatigued.
- You may also feel that you are pregnant, if you are not.

How does the POP work?

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Questions & Answers

What does the POP do if I forget a pill?

- If you don't take a period - am I pregnant?
- How often do I need to see a doctor or nurse?
- At what age should I stop taking the POP?
- I've just had a baby. Can I take the POP?
- Can I start the POP after a miscarriage/abortion?
- I want to have a baby. Can I try to get pregnant as soon as I stop taking the POP?
- How do I feel if my family planning doctor or clinic?
- Emergency contraception
- Sexually transmitted infections
- Your family help you
- What do I do if I forget a pill?
- How do I deal with the pill's side effects?
- What do I do if I forget a pill?
- How do I cope with the pill's side effects?
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