



## **NHS** choices Your health, your choices: EMERGENCY CONTRACEPTION

### What is it?

You can take emergency contraception in order to prevent pregnancy after you've had unprotected sex, or when you think your usual method might not have worked. There are two types:

- The emergency contraceptive pill (sometimes called the morning-after pill).
- The IUD (intrauterine device).

### WHERE CAN I GET IT?

You can get the emergency contraceptive pill and the IUD for free from:

- Your GP surgery that provides contraception,
- A contraceptive clinic,
- [Ashwood Centre for Sexual Health - Contraceptive Service](#)
- (0.4 miles)
- St Mary's Hospital, 77 London Road, Kettering, Northamptonshire, NN15 7PW
- **Tel: 01536 493230**

Offer a free and confidential service providing a full range of contraceptive methods and advice to suit the needs of the individual. Emergency contraception available. Pregnancy testing and onward referral for unintended pregnancy if appropriate. Chlamydia screening/testing. Cervical cytology test (smear test). Advice and referral to other services as appropriate.

- [Ashwood Centre for Sexual Health - GUM Service](#)
- (0.4 miles)
- St Mary's Hospital, 77 London Road, Kettering, Northamptonshire, NN15 7PW
- **Tel: 01536 410647**

Sexual Health clinic providing testing and treatment for sexually transmitted infections, including HIV. Drop-in sessions and appointment clinics available

You can also get the emergency pill free from:

[Nenedoc](#). Tel

**03336 664 664**

(03336 OOH OOH)

The service is open from 1830 - 0800 weekdays - all weekend and Bank Holidays

- Accident and Emergency departments. and most NHS walk-in centres / minor injuries units,
- some pharmacies, see list

You can also buy the emergency pill from most pharmacies if you're aged 16 or over, and from some organisations such as BPAS or Marie Stopes. The cost varies, but it will be around £26.

**NHS choices** Close local Pharmacies providing free emergency contraception for under 21s.

Your health, your choices -Sexual health services Kettering results

- [Lloydspharmacy](#)
- (0.2 miles)
- 18 Headlands, Kettering, Northamptonshire,
- NN15 7HP
- Tel: 01536 512338
- Services:
- [Odessey Chemists](#)
- (0.3 miles)
- 2 Lower Street, Kettering, Northamptonshire,
- NN16 8DH
- Tel: 01536 513820
- [Thursfields Pharmacy](#)
- (0.4 miles)
- 63-65 Gold Street, Kettering, Northamptonshire,
- NN16 8JB
- Tel: 01536 484805
- [Boots the Chemists](#)
- (0.4 miles)
- 35 Gold Street, Kettering, Northamptonshire,
- NN16 8JB
- Tel: 01536 510851
- [Patel Chemists](#)
- (0.8 miles)
- 181 Mill Road, Kettering, Northamptonshire,
- NN16 0RH
- Tel: 01536 514686
- [Partridge's Pharmacy](#)
- (1.3 miles)
- 75 St Johns Road, Kettering, Northamptonshire,
- NN15 5AZ
- Tel: 01536 519911

Other local pharmacist's may also offer this service, check website.

## **How does Emergency Contraception work?**

- The emergency contraceptive pill has to be taken within 72 hours of unprotected sex. It's more effective the sooner it's taken. It contains progestogen, and it works by delaying or preventing ovulation.
- The IUD can be inserted into your uterus up to five days after unprotected sex, or up to five days after the earliest time that you could have ovulated. It may prevent an egg from implanting in your womb or being fertilised.

### **How effective is it?**

If taken within 24 hours of unprotected sex, the emergency contraceptive pill will prevent 95% of pregnancies that could be expected if no emergency contraception were used.

Eighty-five per cent of pregnancies are prevented if the pill is taken between 25 and 48 hours after unprotected sex, and up to 58% of pregnancies if taken 49-72 hours after unprotected sex. The sooner it's taken, the more effective it will be.

The IUD will prevent 99% of pregnancies.

### **Added benefits?**

- If you use the IUD as emergency contraception, you can also use it as an ongoing contraceptive method.

### **What else should I know?**

- When you use the emergency contraceptive pill it can make you feel sick, dizzy or tired, or give you a headache, tender breasts or abdominal pain.
- It can make your next period earlier or later than usual.
- There are no serious side effects.
- There can be some discomfort when the IUD is put in. Painkillers can help to relieve this.
- If you use the IUD as an ongoing method of contraception, it might make your periods longer, heavier or more painful.

### **Contraception for the future**

If you're not using a regular method of contraception, you might consider doing so in order to lower the risk of unintended pregnancy. Long-active reversible contraception (LARC) offers the most reliable protection against pregnancy, and you don't have to think about them every day or each time that you have sex. LARC methods are the injection, implant, IUS and IUD.

You can get help and advice on contraception from a community contraceptive clinic, a GP surgery (if it offers contraceptive services), a sexual health clinic, young people's services, and some GUM clinics. Or call the fpa helpline on 0845 122 8690.