

Patient Questionnaire for Use in Pharmacies



Answer as many questions as possible by ticking the boxes. If you get stuck on a question ask the pharmacist for help.

Question	Yes	No	Comments
Are you over 16 years old?	<input type="checkbox"/>	<input type="checkbox"/>	Pharmacists are not allowed to sell Emerres Una to women under the age of 16. Emergency contraception is free to all women under medical supervision from their doctor, practice nurse or family planning doctor.
Is Emerres Una for your own use?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you pregnant or do you think you might be pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you had unprotected sex within the last 72 hours (3 days)?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you had unprotected sex before this time and after your last period?	<input type="checkbox"/>	<input type="checkbox"/>	
Was your last period late, lighter/shorter or unusual in any way?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you already used emergency contraception since your last period?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you currently taking any other medicines including any herbal remedies? (e.g. St Johns Wort)	<input type="checkbox"/>	<input type="checkbox"/>	Please write down the name(s) of any medicines you are currently taking including all pills, tablets, inhalers and syrups.
Do you suffer from Bowel/digestive diseases (e.g. Crohns disease) or any liver problems?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you ever experienced an allergy reaction to Levonorgestrel (a hormone commonly used in the combined contraceptive pill which you may have used in the past)?	<input type="checkbox"/>	<input type="checkbox"/>	

Note to Patients:

1. If you have any further concerns or want any further information on contraception contact your doctor, a nurse at a sexual health clinic or your pharmacist.
2. Please note that Emerres Una should not be used to replace regular long-term contraception

Emerres Una Tablet - Patient Information

You should always read the Patient Information leaflet before taking the Emerres Una tablet.

What is the emergency contraceptive pill?

If you have had unprotected sex and do not want to become pregnant, then the morning after pill can be taken to prevent or delay ovulation. The pill is also often referred to as the emergency contraceptive pill, one of the medical names for the morning after pill is Emerres Una. Emergency contraception should not be used instead of your usual method of contraception.

When should you take emergency contraception?

All types of emergency contraception are more effective the sooner they are started after unprotected sex. If you have unprotected sex and you don't want to get pregnant, you need to take the first dose of emergency pills within 72 hours (three days), but it is more effective the earlier you take it. If you have missed the 72 hour effective period, are pregnant or think that you may already be pregnant please consult your GP or speak to a nurse at a sexual health clinic as soon as possible.

What is Emerres Una Tablet and how does it work?

Emerres Una contains the active ingredient levonorgestrel, which is a synthetic derivative of the naturally occurring female sex hormone and it is not fully understood how this medicine prevents pregnancy. It is thought to work by preventing ovulation and fertilisation and also by altering the lining of the womb, depending on which stage of the menstrual cycle the woman is at.

When and how should I take an Emerres Una Tablet?

Take a single tablet as soon as possible, preferably within 12 hours, and no later than 72 hours (3 days) after you have had unprotected sex. Swallow the tablet whole, with water if necessary. Do not delay taking the tablet. It is estimated that 84% of pregnancies will be prevented if the tablet is taken within 72 hours of unprotected sex. The tablet is more effective at preventing pregnancy the earlier it is taken, so it is important to take it as soon as possible after unprotected sex, rather than delay to the third day.

You should not take an Emerres Una tablet more than once in the same menstrual cycle. Repeated use of Emerres Una within a menstrual cycle is not advisable because of the possibility of disturbance of the cycle.

What are the side effects of taking Emerres Una Tablet?

Taking the emergency contraceptive pill has not been shown to cause any serious or long-term health problems. However, it can sometimes have side effects. Very common side effects include:

- Feeling sick (nausea)
- You might have some irregular bleeding until your next period
- You might have lower abdominal pain
- Tiredness
- Headache

Emerres Una contains the active ingredient levonorgestrel. If you have ever experienced an allergy reaction to Levonorgestrel (a hormone commonly used in the combined contraceptive pill which you may have used in the past) please speak to the healthcare professional immediately.

If you are concerned about any symptoms after taking the emergency contraceptive pill, contact your doctor or speak to a nurse at a sexual health clinic. You should talk to a doctor or nurse if:

- you think you might be pregnant
- your next period is more than five days late
- your period is shorter or lighter than usual
- you have any sudden or unusual pain in your lower abdomen (this could be a sign of an ectopic pregnancy, where a fertilised egg implants outside the womb – this is rare but serious and needs immediate medical attention)

How do I know if the Emerres Una tablet has worked?

You will know an emergency contraception pill has worked when you have your next period and it seems like a normal period.

Contraception for the future

If you're not using a regular method of contraception, you might consider long-term contraception options in order to lower the risk of unintended pregnancy. Long-acting reversible contraception (LARC) offers the most reliable protection against pregnancy, and you don't have to think about it every day or each time you have sex.

Further Advice

Advice on contraception is available for free from your GP, family planning clinic or walk-in centre.

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