

Patient Advice Leaflet



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.

Where can I get emergency contraception?

You can get the emergency contraceptive pill for free from:

- a GP surgery that provides contraception
- a contraception clinic
- a sexual health clinic
- some genitourinary medicine (GUM) clinics

The doctor or pharmacist you see may ask you the following questions:

- Are you over 16 years old?
- Is the emergency contraception for your own use?
- Are you pregnant or do you think you might be pregnant?
- Have you had unprotected sex within the last 72 hours (3 days)?
- Have you had unprotected sex before this time and after your last period?
- Was your last period late, lighter/shorter or unusual in any way?
- Have you already used any emergency contraception since your last period?

- Are you currently taking any other medicines including any herbal remedies? (e.g. St Johns Wort)
- Do you suffer from Bowel/digestive diseases (e.g. Crohns disease) or any liver problems?
- 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)?

You can buy the emergency contraceptive pill from most pharmacies if you're aged 16 or over. The pharmacy will ask a few questions (similar to the above questions) just to see if the emergency contraception is suitable for you.

In some cases, the pharmacist may refer you to a doctor if they think it's necessary.

It's a fact of life that accidents happen with contraception and is not uncommon. If you have had sex without using contraception, or you think your contraception may have failed for some reason (like, if the condom broke or you forgot to take your pill, or you vomited after taking your pill) and you do not want to become pregnant, then the morning after pill can be taken to prevent or delay ovulation.

Should you feel shy or uncomfortable speaking to the pharmacist or pharmacy assistant, then this give sheet into your pharmacist.



I need Emergency Contraception

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

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.

This medicine will not work if you are already pregnant. If you are already pregnant, Emerres cannot terminate pregnancy, as Emerres is not an “abortion pill”.

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.

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.

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

If you have any further concerns or want any further information contact your doctor or speak to a nurse at a sexual health clinic.

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