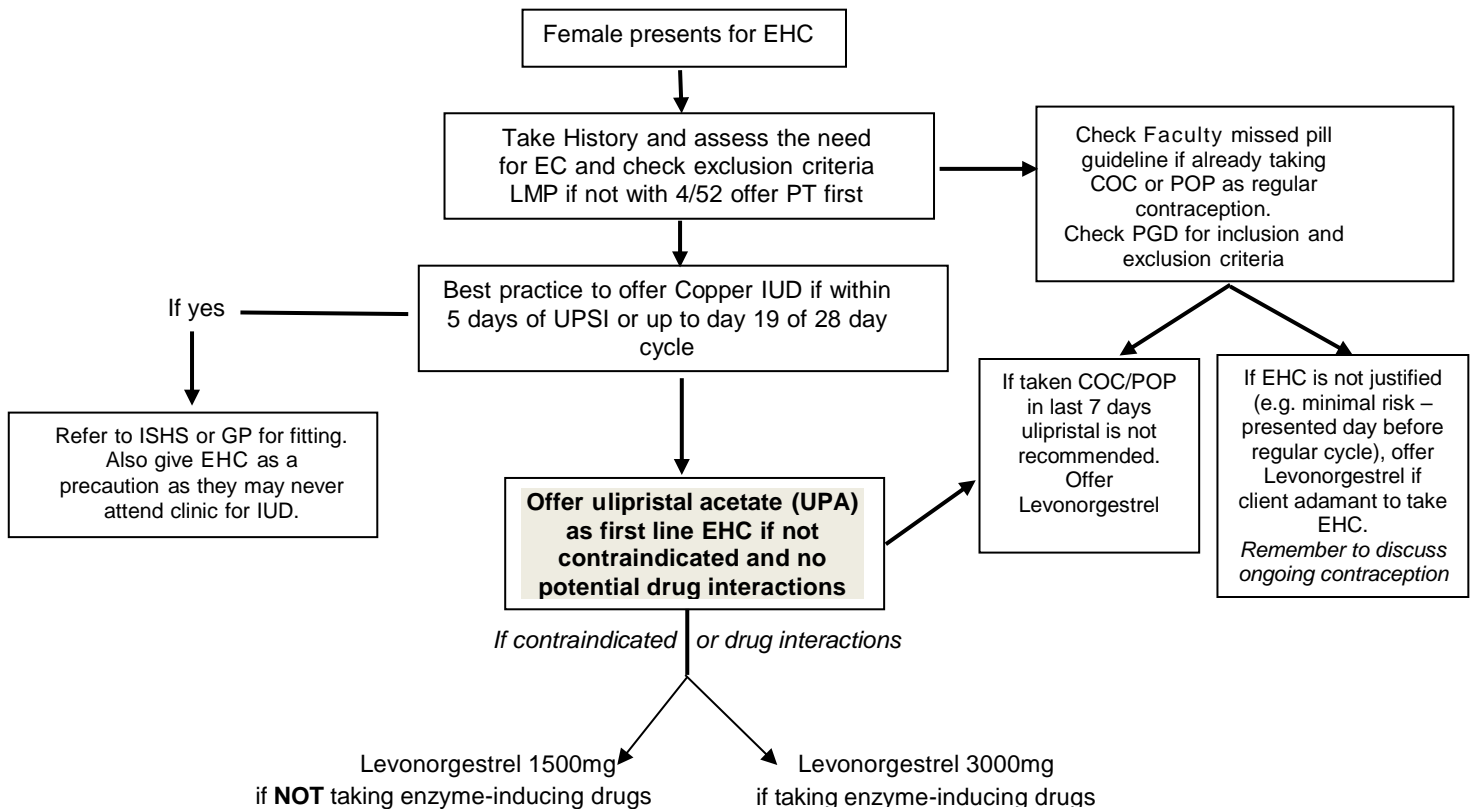


Emergency Contraception Decision Tree



Check concomitant medication and contraindications

1. If UPA – Advise not to breast feed for one week after the treatment and to express and discard breast milk in order to stimulate lactation. Offer LNG if not acceptable.
2. If using enzyme inducing medication including St John's Wort – use double dose LNG instead of UPA 30mg (off licence)
3. If requiring EC because of non-compliance with hormonal contraception, there is a possibility that residual circulating progestogen from the hormonal contraception could theoretically reduce the effectiveness of UPA. Clinicians may choose to offer LNG-EC in this situation with immediate quick start of a suitable ongoing contraceptive method. The uncertainty surrounding the effectiveness of UPA-EC when there could still be circulating progestogen should be discussed with the woman. If UPA-EC is chosen, hormonal contraception should not be started/restarted for 5 days after the UPA-EC has been taken (see checklist opposite).
4. UPA is not suitable for women with severe asthma controlled by oral glucocorticoids.

BMI/Body Weight

The effectiveness of LNG could be reduced if a woman has a BMI >26 or weight >70kg. It is recommended that either UPA or double-dose (3mg) of LNG is given for these women.

Checklist for Starting Regular Contraception after Taking UPA

Advise women to wait 5 days after taking UPA-EC before starting suitable hormonal contraception.

Women should be made aware that they must use condoms reliably or abstain from sex during the 5 days waiting and then until their contraceptive method is effective: -

- Combined hormonal contraception – Pill, patch, ring - 7days
- Qlaira – 9 days
- Progesterone only pill- 2 days
- Parenteral progesterone injection -7 days
- Nexplanon – 7 days

Pregnancy test in 3 weeks.
If positive contact ISHS or GP to discuss options.

Recommend sexual health screen especially if new sexual contact

Abbreviations:

LNG = Levonorgestrel
UPA = Ulipristal
POP = Progesterone only pill
COC = Combined oral contraceptive pill
ISHS = Integrated Sexual Health Service
LMP = Last monthly period
EHC = Emergency hormonal contraception
PT = Pregnancy test