Appendix G – Emergency Contraception Decision Tree

Emergency Contraception- Decision tree Female presents for EHC Check missed pill guideline Take History and assess the need for If already taking COC or POP EC and check exclusion criteria LMP if not with 4/52 offer PT first as regular contraception. Faculty Missed pill Guidelines Check PGD for inclusion and exclusion criteria Best practice to offer Copper IUD if within If yes 5 days of UPSI or up to day 19 of 28 day Declines Cu-IUD Refer to ISHS or GP for fitting. If EHC is not justified or Also give Ulliprsital (EllaOne) minimal risk, ie. presented Offer Ullipristal (EllaOne) as first line EHC if not contraindicated day before regular cycle, as a precaution as they may offer Levonorgestrelnever attend clinic for IUD. (Levonelle) if client is adamant of taking EHC If contraindicated Levonorgestrel-Levonorgestrel-(Levonelle) 3000mg (Levonelle)1500mg If not using enzyme If using enzyme Check concomitant medication and breast feeding Checklist for quick starting of regular contraception after 5 days of taking Elia one If UPA – Advise not to breast feed for one week Client should be advised to abstain from sex for after the treatment and to express and discard 5 days after Ella one and to stop ongoing breast milk in order to stimulate lactation. Offer contraception for 5 days as well if they are already on COC or POP and then do quick start LNG if not acceptable. of effective contraception and to use barrier If using enzyme inducing medication including St John's Wort – use double dose LNG instead of methods or abstinence for additional days -Combined hormonal contraception -Pill, UPA 30mg (off licence) patch, ring -7 days patch, ring -7 days Qiaira - 9 days Progesterone only pili- 2 days Parenteral progesterone injection -7 days Nexplanon - 7 days Qiaira - 9 days Vaginal ring or Evra patch - 7 days If given UPA but taking oral contraception (COC or POP) – need to abstain from sex for 5 days after eliaOne and also to stop using COC and POP for 5 days followed by start of regular contraception and use of condom . see checklist

Pregnancy test in 3 weeks and if positive contact ISHS or GP to discuss options

Recommend sexual health screen

especially if new sexual contact

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Abbreviations:

LNG = Levonorgestrel LMP = last menstrual perio

ISHS = Integrated Sexual Health Service EHC = Emergency hormonal contraception UPA = Ulipristal acetate 30mg/ellaOne

UPSI - unprotected sexual intercourse

COC - Combined oral contraceptive pill

Cu-IUD = copper intrauterine device POP = Progestogen-only pill