

DESCRIPTION

There are 2 drugs for emergency contraception : PLAN B and ELLA. They only contains progesterone..

EFFECTIVENESS

The emergency contraceptive pill may be taken up to 120 hours after unprotected sex. However, the sooner it is taken after intercourse, the more effective it is. ELLA is more effective than PLAN B, between the first 72 to 120 hours after the unprotected sexual relation and for women with an BMI > 25. ELLA is not refunded be the RAMQ.

When PLAN B is taken within 12 hours of unprotected sex, it reduces the risk of pregnancy by more than 95%. Effectiveness decreases with time and is approximately 60% after 5 days for Plan B. MODE D'ACTION

HOW IT WORKS

The emergency contraceptive pill works mainly by delaying ovulation.

USE

Plan B: 2 pills in a single dose

ELLA: 1 pill

CONTRAINDICATIONS

There are no contraindications. All women may use the emergency contraceptive pill

NAUSEA

Some women may experience nausea with Plan B. If you vomit the pill within 2 hours of taking it, you must take more pills.

MENSTRUAL CYCLE

Caution: The emergency contraceptive pill does not trigger a menstrual period. Usually, your menstrual cycle is not affected.

THE EMERGENCY

CONTRACEPTIVE PILL IS NOT

EFFECTIVE FOR SEXUAL RELATIONS THAT OCCUR AFTER YOU TAKE IT.

Consequently, you will need to use another method of contraception for any sexual relations up until you get your next period.

PLAN B: An other contraceptive method may be started the day after you take the PLAN B pill. A protection with a condom is needed for the first 7 days.

ELLA: Wait for 5 days before starting an hormonal contraceptive method because it can diminish ELLA's efficiency. You should use the condom during those 5 days et for the first week of your new contraceptive.

If you didn't have your period one (1) week after you take the emergency pill, you must pass a pregnancy test. If it is positive, there are no side effects for the fetus.

BREASTFEEDING

The emergency contraceptive pill may be taken by women who are breastfeeding. This medication is not dangerous for babies.

WHERE CAN I GET IT? PLAN B

In Rimouski: • La Clinique de planning des naissances : Monday to Friday 8:30 AM to 4:30 PM (without appointment: 1:30 PM to 4:30 PM) • CLSC Rimouski-Neigette : Monday to Friday 8:15 AM to 4:30 PM • Polyvalente Paul-Hubert: Students enrolled at the school • Hospital Emergency Department: Evenings and Weekends • Your doctor • A drop-in clinic • Your pharmacist: He may provide you with the pills without a prescription. ELLA:

In Rimouski:

- La Clinique de planning des naissances : Monday to Friday 8:30

AM to 4:30 PM (without appointment: 1:30 PM to 4:30 PM)

- Your pharmacist

Outside Rimouski: Contact your CLSC, hospital emergency department, doctor or pharmacist. This method of contraception is, however, an emergency measure. If you are taking the emergency contraceptive pill, this is a good time to re-evaluate your usual method of contraception. IF IT'S TOO LATE TO TAKE THE EMERGENCY

CONTRACEPTIVE PILL A morning-after IUD may be inserted up to 7 days after unprotected intercourse. This method is almost 100% effective but involves certain risks that will be explained to you by your doctor.

The emergency contraceptive pill



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