



PREGNANCY ADVISORY CENTRE

**POSTINOR
PROGESTERONE ONLY
EMERGENCY CONTRACEPTIVE PILL
(ECP)**

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What is emergency contraception?

Emergency contraception involves using hormonal pills after sexual intercourse to help prevent a pregnancy.

It consists of 2 tablets of progesterone taken in one dose within 72 hours of unprotected sex.

When may I need Postinor?

- After unprotected sex
- If contraception fails, for example the condom breaks
- If you forget to use a contraceptive, for example miss a pill
- After forced sex, for example rape

Can I use Postinor?

Postinor is very safe to take. Those women who cannot take a combined contraceptive pill, or those who get migraines can use Postinor.

How does Postinor work?

This is not fully known, but it delays the release of the egg and changes the lining of the uterus (womb) so that a fertilized egg is stopped from attaching to the womb. Postinor does not cause abortions.

Does Postinor always work?

It is more effective the earlier it is taken in the 72 hours (3 days) after sexual intercourse

- Taken correctly it is 97-99% effective
- It may not work as well if used more than once in a menstrual cycle

What side effects might occur?

Nausea and vomiting can occur. Some people have reported breast pain, dizziness, tiredness, headaches and spot bleeding.

Side effects usually stop within two days. If you are worried about any side effects see a doctor.

How do I take Postinor?

Take the 2 tablets in one dose within 72 hours of having unprotected sex.

When will I have my next period?

For most women, the next period will occur on time, but it may be a few days earlier or later than expected. If your period does not come within 3 weeks, have a pregnancy test.

Where can I get Postinor?

Postinor is available over the counter from pharmacies. The price varies widely from about \$21 - \$30.

The Pregnancy Advisory Centre can supply *Postinor*.

Do I need to see a doctor after taking Postinor?

You should see a doctor if:

- you vomit within 2 hours of taking the tablets
- your period does not start within 3 weeks
- your period is lighter than usual
- you think you might be pregnant
- you have abdominal pain or cramp

Remember:

After having unprotected sex, it can be a good idea to have a follow-up appointment to check for sexually transmitted infections.

Further information:

Pregnancy Advisory Centre:

Phone: (08) 8243 3999

Sexual Health Hotline:

Phone: (08) 8364 0444