

# Emergency Contraceptive Pills (ECPs)



## General information:

- Emergency Contraceptive Pills (ECPs) are safe and effective way of preventing pregnancy after unprotected sexual intercourse
- It is a type of oral contraceptive pill
- The pill can prevent pregnancy when taken up to 120 hours after unprotected sexual intercourse
- It should be taken as soon as possible after unprotected sex. The sooner they are taken after sex, the better they prevent pregnancy.

## Effectiveness for pregnancy prevention:

- ECPs can prevent 75% to 95% of expected pregnancies if taken within 120 hours after unprotected intercourse.

## How method works:

- ECPs come in package of 2 tablets or 1 tablet
- Take as prescribed on the information leaflets
- The pill contains small amount of the hormone progesterin that thickens the mucus around cervix thus stopping sperm from meeting an egg
- It can also prevent ovulation (the monthly release of egg)

## Important facts:

- ECPs are for emergencies and not appropriate for regular use
- They should not be taken more than twice a month
- There is increased risk of ECP failure if repeatedly used as a contraceptive
- ECPs have no effect on established pregnancy
- ECPs prevents pregnancy only from acts of sex that took place in the few days before use
- It does not protect against Sexually Transmitted Infections (STIs), including HIV

## Advantages:

- Safe for all women regardless of health status and age
- ECPs are available in health facilities and pharmacies.
- They reduce the need for abortion and unplanned pregnancy
- ECPs does not have any known harmful effect on pregnancy

## For further information on ECPs

- Read the information leaflets
- Visit a trained family planning provider

## NOTE:

**Repeat the tablet, if vomited after 2 hours of taking the tablet**

