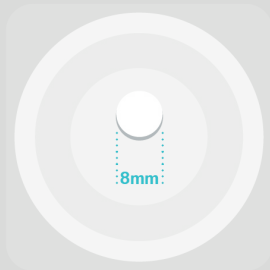


Levonorgestrel (LNG)

Emergency contraception



MORE INFORMATION:

- ensure you read the A4 medication leaflet
- learn about how the emergency contraceptive pill works, its effectiveness, side effects and risks here: sh24.org.uk/contraception/ec
- if you're not using a regular method of contraception, you might consider doing so in order to lower the risk of unintended pregnancy. Read, ask, share and discuss all methods of contraception on our clinically supported forum: discuss.sh24.org.uk

Talk to us:

If you need help, text:
07860 041 233

Questions?

Read our FAQs:
sh24.org.uk/contraception/ec

How to take LNG

Take your dose as soon as you can after unprotected sex (within 72 hours).

The sooner you take it the more effective it will be.

Do not take this pill if you have:

- taken a UPA emergency contraceptive pill in the last 7 days e.g. EllaOne (LNG may interact)
- an allergy to lactose or levonorgestrel.

You may need a double dose (2 tablets) if you:

- are over 70kg (11 stone)
- have recently taken enzyme inducing medication
- vomit within 3 hours of taking LNG.

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THINGS TO CONSIDER:

- if you have already ovulated, the emergency contraceptive pill will not have any effect as it works by delaying ovulation
- this pill will not prevent pregnancy after future unprotected sex
- this pill does not protect against STIs, so you may want to take an STI test
- your period may be a bit earlier or later than usual, you may also experience some spotting. If your period is over a week late, you may want to take a pregnancy test.

Get in touch if you need advice:
07860 041 233

YOUR REGULAR CONTRACEPTION:

If you usually take the pill, or use the patch or ring, continue as normal but you will need to use extra protection (condoms) for the 7 days after taking LNG (2 days for POP).