

# How to take UPA

Take one pill as soon as you can after unprotected sex (within 120 hours).

Do not take this pill if you have:

- used hormonal contraception in the last 5 days (UPA will not be as effective)
- taken an LNG emergency contraceptive pill in the last 7 days e.g. Levonelle (UPA may interact)
- taken St John's Wort or prescription medication for TB, epilepsy, HIV, asthma (inhalers are not a problem), stomach acid levels or liver problems (UPA will not be as effective)
- an allergy to lactose or ulipristal acetate.

*If you vomit within 3 hours of taking UPA, get in touch as you may need another dose.*

## SH:24

### THINGS TO CONSIDER:

- if you have already ovulated, the emergency contraceptive pill will not have any effect as it works by delaying ovulation
- if you are breastfeeding, discard your milk for 36 hours after taking UPA
- 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.

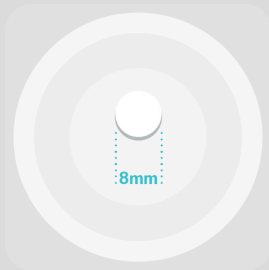
*Get in touch if you need advice:  
07860 041 233*

### RESTARTING YOUR REGULAR CONTRACEPTION:

If you usually take the pill, or use the patch or ring, do not start for 5 days after taking UPA. Then use extra protection (condoms) for the first 7 days after restarting (2 days for POP).

## Ulipristal acetate (UPA)

### 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](https://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](https://discuss.sh24.org.uk)

### Talk to us:

If you need help, text:  
**07860 041 233**

### Questions?

Read our FAQs:  
[sh24.org.uk/contraception/ec](https://sh24.org.uk/contraception/ec)