

# IT'S BETTER RISK-FREE

## Instructions on how to use the “morning-after pill” as a form of emergency contraception

Emergency contraception is a treatment to prevent pregnancy after having sexual relations without the use of contraceptive methods or without having used them correctly.

Treatment must be undertaken as soon as possible and always within 72 hours (3 days) of the sexual encounter with risk of pregnancy.

## After treatment

- Treatment must be started with one 1,500- $\mu$ g pill or two 750- $\mu$ g pills as soon as possible.
- You should get your period no later than three weeks after having done the treatment. If this does not occur, you must take a pregnancy test.
- Before menstruation begins, you may experience some spotting and your period may last longer and be heavier than usual.
- After getting your period, it is important that you consult a medical profession for more information on contraceptive methods.

## How to follow treatment

- Treatment must be started with one 1,500- $\mu$ g pill or two 750- $\mu$ g pills as soon as possible.
- The medication will be better digested if taken with food.
- If vomiting occurs before 3 hours have passed since taking the medication, once the vomiting has subsided, treatment must be reinitiated.
- After repeating the dose, if vomiting occurs yet again within a three-hour period, consult a medical professional.

## Important!

- This treatment can only be used to prevent pregnancy after this particular sexual encounter. Therefore, it will be necessary to use a safe contraceptive method in future sexual relations.
- Safe and effective contraceptive methods exist for preventing unwanted pregnancy. Condoms—both the male and female—are the only method that protects against both pregnancy and sexually transmitted diseases, including AIDS, and therefore their use is highly recommended.
- You can find more information on the subject at: [www.sexekpves.gencat.cat/ics\\_webjove/AppPHP/index.php](http://www.sexekpves.gencat.cat/ics_webjove/AppPHP/index.php).
- If you have questions, you can go to your primary care centre or sexual and reproductive health care programme, or you can call:

Sanitat Respon 24 hours  
**902 111 444**   
www.gencat.net/salut

**We'll help you**