

WHAT ARE EMERGENCY CONTRACEPTIVES?

Emergency contraceptives prevent pregnancy from unprotected intercourse that occurred up to 72 hours ago.

There are two (2) types:

- Emergency Contraceptive Pills (ECPs)
- Intra-Uterine Contraceptive Device (IUCD)

HOW DOES IT WORK?

- Emergency Contraceptive Pills (ECPs):
 - Exact mode of action is not known.
 - May stop ovulation or prevent ovum & sperm from meeting.
 - Does not interrupt established pregnancy.
- Intra-Uterine Contraceptive Device (IUCD):
 - Stops the egg & sperm from meeting and fertilizing.

“Emergency contraception are birth control measures that may be used after sexual intercourse to prevent pregnancy. They can prevent up to over 95% of pregnancies when taken within 5 days after intercourse.”

CONSIDER THE FOLLOWING:

- Do you need dual protection from pregnancy and Sexually Transmitted Infections (STIs) and HIV/AIDS?
- Can you always choose when to have sexual intercourse?
- Do you have a regular method?
 - If so, are you satisfied with it?
 - If not, would you like to choose a regular method?



For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit at (tel): 488-2172** or follow us on Facebook: <https://facebook.com/FHUPalau>.

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Family Health Unit
Republic of Palau Ministry of Health



EMERGENCY CONTRACEPTIVES

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted diseases.

For more information, call the **MOH Family Health Unit at 488-2172**.

ECP BENEFITS



- Effective immediately but becomes less effective with each day that passes.
- Prevents pregnancy.
- Does not cause abortion.

EMERGENCY CONTRACEPTIONS

The best emergency contraception for you depends on a few things:

- When you had unprotected sex.
- Which kind of emergency contraception is easiest for you to get.
- Your height and weight (Body Mass Index).
- Whether you're breastfeeding.
- If you've used the pill, patch, or ring in the last five days.

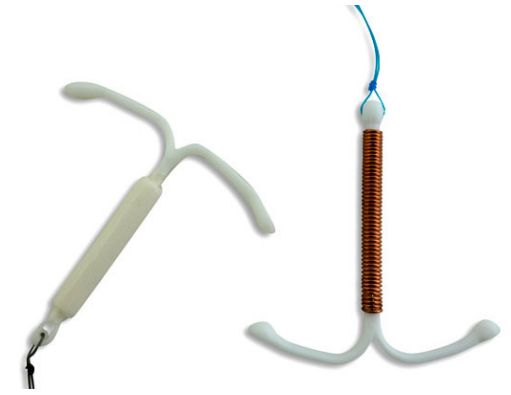
Pregnancy doesn't happen right after you have sex — that's why it's possible to prevent pregnancy a few days after you do it. It's all about timing.

Sperm can live inside your body for up to 6 days after sex, waiting for an egg to show up. If you ovulate during that time, the sperm can meet up with your egg and cause pregnancy. Morning-after pills work by temporarily stopping your ovary from releasing an egg. It's kind of like pulling the emergency brake on ovulation.

Where you're at in your menstrual cycle and how soon you take morning-after pills can affect how well they prevent pregnancy. ECPs won't work if your body has already started ovulating.

Don't use two different kinds of morning-after pills at the same time or within 5 days of each other, because they may counteract each other and not work at all.

IUCD BENEFITS



- Very effective.
- Prevents pregnancy.
- Does not cause abortion.
- Can be removed later or left in place for continuing contraception.

ECP LIMITATIONS

- Female Condoms are relatively expensive.
- Moderately effective (5-21 pregnancies per 100 women during the first year).
- Effectiveness depends on willingness to follow instructions.
- Disposal of a used female condom may be a problem.
- Adequate storage must be available at user's home.
- Supplies must be readily available before sexual intercourse begins.
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