

 QUINCY VALLEY MEDICAL CENTER	Ref.#	Tag#	Original Date: 4/13/13	Effective Date: 9/13/18	Revised Date: 2/10/21
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APPROVALS:  DEPARTMENT MANAGER			SUBJECT: Post-Coital Contraception/Patient Education & Patient Education		
			<input checked="" type="checkbox"/> Policy	<input checked="" type="checkbox"/> Procedure	<input type="checkbox"/> Protocol
Originating Department: Pharmacy		Affected Department: All Clinical Departments			

POLICY: The purpose of emergent post-coital contraception is to prevent pregnancy following a sexual assault. By Washington State law every hospital providing emergency care for sexual assault patients must:

1. Provide information about emergency contraception
2. Inform each patient of her option to be provided with this medication, and
3. If not medically contraindicated provide emergency contraception immediately.

PROCEDURE

1. Obtain a urine pregnancy test on all females 10 to 55 years of age, except if hysterectomy or tubal ligation. Proceed only if test result is negative.

Offer emergency contraception when:

- a. Assault occurred within 5 days prior to presentation, and
- b. Patient is at risk for pregnancy, and
- c. Patient is not using a highly reliable method of contraception
- d. Patient feels any pregnancy conceive in the last five days would be undesirable to continue, and
- e. Pregnancy test is negative.
2. Provide both verbal and written education regarding Post-Coital Contraception (PCC) to the patient.
3. Obtain informed consent. Have the patient or patient's legal guardian sign consent if PCC is requested.
4. Inform the patient that her menstrual period should begin within the next 2-3 weeks. She should see her Primary Care Physician and/or Family Planning for a pregnancy test and exam, if no menstruation within 3 weeks after treatment.
5. Give emergency contraceptive medication in the Emergency Department(ED). Nausea may occur.

Reference/Patient Education

<https://www.womenshealth.gov/files/fact-sheet-emergency-contraception.pdf>

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Facts About Emergency Contraception Pills (levonorgestrel methods)

Who is Emergency Contraception (EC) for?

EC is for a woman who:

- had sex without using birth control **OR** had trouble using her regular method (missed pills, broken condom, etc.)

AND

- does **NOT** want to get pregnant.

What is EC?

EC comes in different forms

- Plan B® One-Step EC is 1 pill (1.5mg) that contains the same hormone used in many birth control pills (called levonorgestrel). This option is available without a prescription if you are 17 or older.
- Next Choice™ EC is 2 pills (0.75 mg each) that contain the same hormone used in many birth control pills (called levonorgestrel). This generic option requires a prescription if you are under 17. It is available without a prescription if you are 17 or older.
- Levonorgestrel is 2 pills (0.75 mg each) that contains the same hormone used in many birth control pills. This generic option is available without a prescription if you are 17 or older.
- ella® is 1 pill (30 mg) that contains a progesterone receptor modulator (called ulipristal acetate). This option is available only with a prescription.
- These types of EC are sometimes called "the morning after pill."
- There are some other EC options, too.
 - Some types of daily combined birth control pills can be used as EC. The number of pills you need to take depends on the type of pill.
 - A Copper-T Intrauterine Device (IUD)
 - Go to www.not-2-late.com to learn more about these other forms of emergency contraception.

How does EC work?

- If you are already pregnant, EC will not work.
- **Take EC as soon as possible after having unprotected sex. EC may work up to 5 days (120 hours) after you've had unprotected sex. The sooner you take EC, the better.**

HAND THIS SHEET TO YOUR PHARMACIST

I need Emergency Contraception



HEALTH MATTERS

Your Post-Sex Guide to NOT Getting Pregnant

www.arhp.org/healthmatters

¿Para quién es la anticoncepción de emergencia (AE)?

La AE es para la mujer que:

- Tuvo relaciones sexuales sin usar anticonceptivos **O** tuvo problemas al usar su método regular (olvidó tomar sus píldoras, el preservativo se rompió, etc.)

Y

- **NO** quiere quedar embarazada.

¿Qué es la AE?

La AE viene en formas diferentes

- La AE Plan B One-Step es 1 píldora (1.5mg) que contiene la misma hormona usada en muchas píldoras anticonceptivas (llamada levonorgestrel). Esta opción esta disponible sin receta si usted tiene 17 años de edad o más.
- La AE Next Choice son 2 píldoras (0.75 mg cada una) que contienen la misma hormona usada en muchas píldoras anticonceptivas (llamada levonorgestrel). Esta opción genérica requiere una receta si es menor de 17 años de edad. Está disponible sin receta si tiene 17 años o más.
- LA AE Ella es una píldora (30 mg) que contiene un modulador del receptor de progesterona (llamada acetato de ulipristal). Esta opción está disponible sólo con receta médica.
- Estos tipos de AE a veces se son llamados "la píldora del día siguiente".
- También existen otros tipos de AE.
 - o Algunos tipos de píldoras anticonceptivas diarias pueden ser usados como AE. El número de píldoras que necesita tomar depende del tipo de píldora.
 - o Un dispositivo intrauterino (DIU) o "T de cobre".
 - o Visite www.not-2-late.com para saber más sobre estas otras formas de anticoncepción de emergencia.

¿Cómo funciona la AE?

- La AE funciona como las píldoras anticonceptivas regulares. Si ya está embarazada, la AE no funcionará.
- **Tome la AE tan pronto como le sea posible después de haber tenido relaciones sexuales sin protección. La AE podría funcionar aun hasta 5 días (120 horas) después de que haya tenido relaciones sexuales sin protección. Cuanto más pronto tome la AE, mejor funcionará esta.**

Health Matters es una publicación de ARHP para el público general que presenta un breve repaso de datos sobre varios temas con relación a la salud reproductiva.

PRESENTA ESTA HOJA EN LA FARMACIA

Neceiston anticoncepción de emergencia