

Emergency and other contraception

Dr Katherine Gilmore and Dr Diana Mansour on the rules for different contraceptives

Key to abbreviations

LNG-IUS - levonogestrel-releasing intrauterine system (LNG-IUS 52-mirena)
(UP)SI - (unprotected) sexual intercourse
AC - additional contraception/abstinence required for (number of days)
LAM - lactational amenorrhoea method
UPA - ulipristal acetate
LNG - levonorgestrel

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Reference: 1 FSRH guideline on emergency contraception. March 2017

Type of contraception	Efficacy (% of women experiencing an unintended pregnancy in first year of use)		Starting or switching methods of contraception	
	Typical use	Perfect use	Situation	Future contraception
EMERGENCY CONTRACEPTION				
Oral emergency contraception: levonorgestrel (LNG) 1500µg	-	-	≤72 hours after UPSI Ineffective after 96 hours	After LNG, start hormonal contraception immediately AC (number of days dependent on future contraceptive method)
Oral emergency contraception: ulipristal acetate (UPA) 30mg	-	-	120 hours after UPSI First-line oral emergency contraception if UPSI ≤120 hours and likely to be five days prior to estimated date of ovulation ¹ Consider LNG as alternative if progestogen-containing contraceptive used in previous seven days	Wait five days after UPA before starting hormonal contraception AC then required (number of days dependent on future contraceptive method) >5 days
Copper IUD emergency contraception	-	-	A copper IUD can be inserted up to five days after first UPSI in a natural menstrual cycle or up to five days after the earliest date of ovulation (whichever is later). No AC	
OTHER CONTRACEPTION				
Male condom	18	2	Immediate start. Consider these methods or alternative method of contraception for seven days prior to LNG-IUS/copper IUD removal	
Female condom	21	5		
Diaphragm	12	6		
Cervical cap (parous)	32	20		
Cervical cap (nulliparous)	16	9		
Fertility awareness	24		AC during fertile phase	
Lactational amenorrhoea method	-	-	>98% effective at preventing pregnancy if all criteria met: <ul style="list-style-type: none"> ● Baby <6 months ● Amenorrhoeic ● Fully/nearly fully breast feeding day and night (only infrequent water, juice, vitamins etc in addition) ● Intervals between feeds <4 hours in the day and <6 hours at night 	
Male sterilisation	0.15	0.10	AC until semen sample is negative for sperm	
Female sterilisation	0.5	0.5	AC (≥7 days) in case viable sperm in genital tract	