Emergency Contraception



Evidence Based Practice

Inclusion Criteria:

Adolescents at risk for unintended pregnancy

Exclusion Criteria:

• If > 120 hours (5 days) since unprotected sex, inadequately protected sex, or sexual assault

General Considerations

- The intent of EC is to prevent an unintended pregnancy and must be administered within the specified time frame
- For questions or uncertainty regarding consent, please contact Social Work
- If concern for sexual assault. contact Social Work to determine need for SANE and/or SCAN
- · For risk factors or signs/symptoms of STI, refer to STI CPG

EC Options

Levonorgestrel

- Most effective within first 3 days
- Less effective in patients with BMI
- · Allows for immediate initiation of hormonal contraception

Ulipristal Acetate

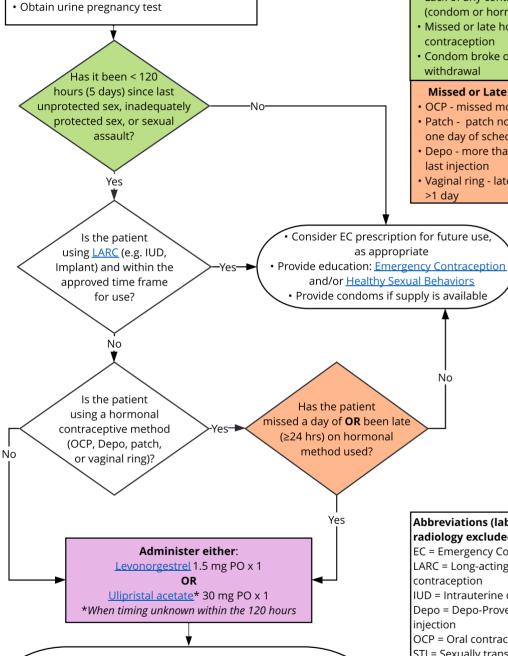
- · Remains effective throughout the 5 post coital days
- Preferred for patient with BMI > 25, but effectiveness may be limited in patients with BMI ≥ 30
- · Effectiveness may be decreased if taking while using hormonal contraception
- Patient will need to wait 5 days prior to beginning hormonal contraception
- **Copper IUD (Paragard® IUD) is an option, though availability may be limited in some settings. While it is the most effective EC option, patients who do not want to use or do not have access to this method should be offered EC pills even if BMI > 30.



OR Code for mobile view

Patient at risk for unintended pregnancy

- Obtain verbal permission, last sexual contact (optional screening questions), and contraceptive history (refer to Confidentiality
- Consider a protected note for documentation



Anticipatory guidance

Patient should seek medical care for lower abdominal pain, persistent irregular bleeding, or delayed menses > 1 week

• Provide education: <u>Emergency Contraception</u> and/or <u>Healthy Sexual</u> Behaviors

Provide condoms if supply is available

Indications for EC

- Unprotected or inadequately protected sex
- Inconsistent or questionable contraceptive use
- Sexual assault

Unprotected or Inadequately Protected Sex

- Lack of any contraception (condom or hormonal method)
- Missed or late hormonal contraception
- Condom broke or slippage during withdrawal

Missed or Late Contraception

- OCP missed more than one day
- Patch patch not replaced within one day of scheduled date
- Depo more than 15 weeks since last injection
- Vaginal ring late on replacing by

Abbreviations (laboratory & radiology excluded):

EC = Emergency Contraception LARC = Long-acting reversible contraception

IUD = Intrauterine device

Depo = Depo-Provera contraceptive injection

OCP = Oral contraceptive pills

STI = Sexually transmitted infection

CPG = Clinical practice guideline

PO = By mouth

Nο

BMI = Body mass index

SANE = Sexual Assault Nurse

Examiner

SCAN = Safety Care and Nurturing Clinic

Link to: synopsis and references