# Emergency Contraception

## Contraception that works after sex

<table>
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<th>Type of emergency contraception</th>
<th>When can I use it?</th>
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| Emergency IUD                   | The emergency IUD can be fitted up to 5 days after unprotected sex or within 5 days of the earliest time you could’ve released an egg. | You can keep the IUD as your usual contraceptive method if you want to. It’s highly effective at preventing pregnancy. You can also choose to have it removed and start a different method. | You can get the emergency IUD for free from:  
  - some GP practices  
  - some contraception and sexual health clinics  
  - some young people’s services and Brook clinics. |
| Emergency pill with ulipristal acetate | The emergency pill with ulipristal acetate can be used within 5 days (120 hours) of having unprotected sex, but it’s better to take it as soon as possible. | The emergency contraceptive pill won’t continue to protect you from pregnancy. Start an effective method of contraception. If you have unprotected sex again you’re at risk of getting pregnant. | You can get it free from:  
  - GP practices that provide contraception  
  - contraception and sexual health clinics  
  - young people’s services and Brook clinics  
  - some NHS walk-in centres and minor injuries units  
  - some pharmacies (there may be age restrictions). You can buy it from:  
  - most pharmacies  
  - some fee-paying clinics. |
| Emergency pill with levonorgestrel | The emergency pill with levonorgestrel can be used within 3 days (72 hours) of having unprotected sex, but it’s better to take it as soon as possible. | The emergency contraceptive pill won’t continue to protect you from pregnancy. Start an effective method of contraception. If you have unprotected sex again you’re at risk of getting pregnant. | You can get it free from:  
  - GP practices that provide contraception  
  - contraception and sexual health clinics  
  - young people’s services and Brook clinics  
  - most NHS walk-in centres and minor injuries units  
  - some pharmacies (there may be age restrictions) You can buy the emergency pill from:  
  - most pharmacies (you must be 16 or over)  
  - some fee-paying clinics. |

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For more information on emergency contraception go to: [www.fpa.org.uk/ec](http://www.fpa.org.uk/ec)

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