**HOW TO CALCULATE THE LATEST TIME IN A CYCLE THAT AN EMERGENCY IUD MAY BE FITTED**

Following unprotected sexual intercourse (UPSI) an emergency intra-uterine device (IUD) may be fitted if EITHER of the following categories are met:

* The earliest episode of unprotected sex was within 120 hours\*

OR

* The patient is within 5 days of earliest predicted ovulation.\*\*

\* If there has been an earlier episode of UPSI which was more than 3 weeks ago – a negative pregnancy test can reliably exclude pregnancy following this earlier episode.

\*If there has been an episode of UPSI which is more than 120 hours ago but less than 3 weeks ago, you will need to see if the person fulfils the second category in order to be eligible for an emergency IUD.

\*\* To calculate the earliest predicted ovulation day:

1. Take the persons shortest cycle length – eg if she reports cycle lengths of 28-30 days 🡺 assume 28 days is shortest cycle length.
2. Subtract 14 from shortest cycle length to calculate the earliest predicted ovulation day – eg 28-14=14 🡺 day 14 of cycle is earliest predicted ovulation day.
3. Add 5 to earliest predicted ovulation day to calculate earliest implantation which is the latest time in that cycle that an IUD may be fitted – eg 14+5 = 19 🡺 day 19 is latest time in a 28 day cycle that an IUD may be fitted.

\*\*Note we can only predict ovulation date if cycles are regular and if the last bleed was a true and normal menstrual period.

The first day of the period is treated as day 1 of the cycle.

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| Shortest cycle length | \*\*Latest time in the cycle than an EM- IUD may be fitted |
| 30 | Day 21 |
| 29 | Day 20 |
| 28 | Day 19 |
| 27 | Day 18 |
| 26 | Day 17 |

We cannot assume that the bleed which occurs in the cycle following emergency contraception or hormonal contraception was a true period for the purposes for calculating likely ovulation. In these circumstances, we can only go by number of hours since UPSI to work out when an IUD may be fitted.

If the patient is currently, or has very recently been taking the combined oral contraceptive pill, an IUD may be fitted up to day 13 of an extended pill free interval.