**Transcript for Unity Sexual Health video “Emergency contraception”**

If you are worried about becoming pregnant after sex or your method of contraception has failed, you may consider taking emergency contraception. In this video we'll explain what emergency contraception is, the different types available and how to know if it's right for you.

Emergency contraception can be taken soon after unprotected sexual intercourse or when your method of contraception has failed in order to prevent unwanted pregnancy. You can get it from most pharmacies, your GP or your local sexual health clinic. You'll be asked a series of questions about your physical and sexual health to help determine which one is best for you.

There are currently two forms available: The morning-after pill and the intrauterine device, or IUD.

**Morning-after pill**

There are two kinds available: Levonorgestrel, also known as Levonelle, and Ulipristal, also known as EllaOne. Both work by delaying ovulation and preventing implantation of an egg into the womb. Levonorgestrel is a progestogen hormone which acts on the ovaries to delay ovulation and thins the womb lining to stop an egg from implanting. It's most effective when taken within 3 days of sexual intercourse. It's safe to use in most women, with pregnancy occurring in 5 in 100 women who use it.

The sooner it's taken, the better, as it has been shown to be less effective the later you leave it.

Ulipristal works in the same way but has been shown to be more effective than Levonogestrel, with pregnancy occurring in 2 in 100 women. It can be taken within 5 days of sexual intercourse

and is more suitable if you are later in deciding to take the pill. But like Levenogestrel, it's more effective the earlier it's taken. There are no serious short or long-term side effects. However you may feel sick or have a headache. This is usually short-lived and will go within a few days. You may also find that your next period is earlier, later or more painful than expected. Speak to your doctor if it's delayed by more than 7 days, is shorter or lighter than usual or if you think you have an infection.

**The IUD** is a small plastic and copper coil that sits in the uterus. It stops eggs from being fertilized by sperm, as well as preventing implantation in the womb. It's a very reliable and highly effective form of emergency contraception, with pregnancy occurring in about 1 in 1,000 women after use. It can be inserted up to 5 days after sexual intercourse and can be used as a regular contraceptive unlike the morning-after pill. It lasts for 5 to 10 years and you won't have to worry about it once it's inserted. The risks of having an IUD fitted include:

* Developing a small hole or perforation in the uterus,
* infection within the first few weeks
* or your periods may become heavier or more painful.

The doctor or nurse will discuss these risks with you before it is inserted. You will also need to have a follow-up appointment in 3 to 6 weeks to make sure the IUD is still in place.

Emergency contraception is not the same as abortion. It is preventing a pregnancy from happening rather than stopping one that has started to grow. Its also important to know that emergency contraception does not protect against sexually transmitted infections so if in doubt, seek medical help as soon as possible. If you want to continue having sex you'll be advised to use additional protection

and will be offered condoms in the clinic should you want them. If you would like more information on emergency contraception visit the Unity website or speak to your GP or your local sexual health center.

**www.unitysexualhealth.co.uk**