

EMERGENCY CONTRACEPTION (EC)

Your options as a young person in the ACT.

Deciding to use emergency contraception?

These are the main emergency contraception methods, how they work, and where to get them.

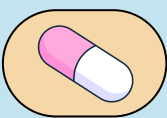
Information last updated
August 2024



What is emergency contraception?

Emergency contraception (EC) is birth control used after penis-in-vagina sex with no contraception used, or after a condom breaks or slips off (unprotected sex). EC reduces the risk of getting pregnant.

Use EC as soon as possible (ASAP) after unprotected sex. There are different methods of EC. Each method has a different timeframe, described in the blue sections below.



Levonorgestrel (LNG-ECP) is a pill that must be taken orally **ASAP within 3 days of unprotected sex.** You do not need a prescription.

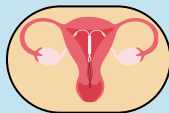
Where do I get it?	How?	Cost? Approx.
SHFPACT	Book appointment	\$20
Walk-in Centre	Walk in	Free
Pharmacy	Talk to a pharmacist	\$30
The Junction	Book appointment	Free
Canberra Sexual Health Centre	Book appointment	Free



Ulipristal Acetate (UPA-ECP) is a pill that must be taken orally **ASAP within 5 days of unprotected sex.** You do not need a prescription.

Where do I get it?	How?	Cost? Approx.
SHFPACT	Book appointment	\$20
Walk-in Centre	Walk in	Free
Pharmacy	Talk to a pharmacist	\$40 - 60
The Junction	Book appointment	Free
Canberra Sexual Health Centre	Book appointment	Free

The **Copper IUD** is a long-lasting contraceptive method that is also a form of EC. It is a small plastic and copper device. It is inserted into the uterus **ASAP within 5 days of unprotected sex.** You need to see a doctor for a prescription and insertion.



This method is extremely time sensitive as the device needs to be fitted by a doctor in a health care setting.



Where do I get it?	How?	Cost?
SHFPACT	Book appointment	\$330 approx. (Concessions can apply)

Emergency contraception is more effective the sooner you use it after unprotected sex.

You don't have to make this choice alone. A parent, other family member, friend or partner might be able to provide support. The health services above will also support you to have all the information you need to make the choice that is best for you.

Book an appointment
with SHFPACT on
02 6247 3077

Supported by



ACT
Government

Where can I get emergency contraception?

Sexual Health & Family Planning ACT (SHFPACT)

6247 3077

Level 1/28 University Ave, Canberra City

The Junction

6232 2423 | 30 Scotts Crossing, Canberra City

Canberra Sexual Health Centre (CSHC)

5124 2184 | Canberra Hospital

Walk-in Centre

Belconnen | Dickson | Gungahlin

Tuggeranong | Weston

Pharmacy

No prescription needed for EC pill methods.

For a Copper IUD, you need to see a doctor.

GP

Make an appointment with your doctor to discuss your options.

What can I expect when I ask for EC?

When accessing EC, a health professional may ask about your menstrual cycle (including when the first day of your last period was), sexual activity, general health, and current medications.

Scan QR code for more info:

SHFPACT Emergency
Contraceptive Information



Will my parents or guardians find out?

My Direct Health Record (MyDHR) records some visits to health services. Your parents can usually access MyDHR if you are under 18. **When you turn 14, you can apply for medical privacy** with complete control of MyDHR and your own personal Medicare card.

SHFPACT, The Junction, pharmacies and Canberra Sexual Health Centre **do not record visit details** on MyDHR.

At Walk-in Centres, your visit is recorded on MyDHR. The nurse may be able to write less for your confidentiality.

Pregnancy & STIs

What if I am pregnant?

Contact SHFPACT to book an appointment for **free** pregnancy options counselling.

What else should I think about?

After unprotected sex, it is important to get tested for sexually transmissible infections (STIs) and blood-borne viruses (BBVs). Contact SHFPACT, Canberra Sexual Health Centre, a Walk-in Centre, The Junction or your doctor for an appointment.

I need more info!

For more details scan these QR codes below or contact us at SHFPACT for a **confidential** discussion on **02 6247 3077**

Pregnancy options
counselling:

SHFPACT



Medical
privacy:

Youth Law Australia



MyDHR frequently
asked questions:

ACT Health

