

## WHY BECOME A SHFPACT MEMBER

SHFPACT strives to provide a high quality healthcare service. Our consultation times are generally longer than in general practice, and we provide a specialised reproductive and sexual health service. Quality care is however expensive to provide and the membership discount is one way we can make sure you receive the very best service and the time you need with our team of reproductive and sexual health doctors, nurses, counsellors and educators, without breaking the budget.

**BECOME  
A MEMBER  
AND SAVE  
TODAY!**

## WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

**JOIN ONLINE AT**  
**shfpact.org.au**  
**OR AT RECEPTION**



### OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit [shfpact.org.au](http://shfpact.org.au) for SHFPACT clinic hours

### LOCATION

SHFPACT is conveniently located in the city.

Level 1,  
28 University Avenue  
Canberra ACT 2601

### CONTACT

02 6247 3077  
[shfpact@shfpact.org.au](mailto:shfpact@shfpact.org.au)  
0400 770 999 (SMS ONLY)

### ENGAGE

[shfpact.org.au](http://shfpact.org.au)  
[facebook.com/shfpact](https://facebook.com/shfpact)  
[twitter.com/shfpact](https://twitter.com/shfpact)

### DONATE

All donations to SHFPACT over \$2.00 are tax deductible

### SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC)  
assisted with funding from the ACT Government.

I'M ALL ABOUT  
**EMERGENCY  
CONTRACEPTION**



Sexual Health and Family Planning ACT  
Level 1, 28 University Ave, Canberra City  
Call 02 6247 3077 • SMS 0400 770 999  
or email [shfpact@shfpact.org.au](mailto:shfpact@shfpact.org.au)

**shfpact.org.au**

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## WHAT IS EMERGENCY CONTRACEPTION?

Emergency contraception (EC) is contraception which is used after unprotected sexual intercourse in order to reduce the risk of unplanned pregnancy occurring.

Unprotected sexual intercourse may happen for many reasons and can include intercourse where no contraception was used, having a condom break or slip off, having a diaphragm dislodge during intercourse, or missing a dose of the contraceptive pill.

There are three types of emergency contraception available in Australia:

- Levonorgestrel EC (a tablet)
- Ulipristal acetate EC (a tablet)
- The copper IUD

### LEVONORGESTREL - EC.

This contains a progestogen called Levonorgestrel (LNG-EC) in a 1.5mg dose which may come as a single tablet or two tablets.

#### How does it work?

LNG- EC works by delaying ovulation (the release of an egg from the ovaries). If an egg is already fertilized or implanted in the womb and a pregnancy has begun, LNG-EC will have no effect. Emergency contraception cannot cause an abortion.

#### How do you take it?

LNG- EC is a tablet taken by mouth. It needs to be taken within 72 hours (three days) after unprotected sex although it may have some effect up to 96 hours (four days). The sooner it is taken the more effective it is. If vomiting occurs within two hours of taking the dose, you will need a second dose. It is important to continue with any regular contraceptive you are using. It can be used more than once in the same cycle. LNG EC is suitable for use when breastfeeding.

#### How effective is LNG-EC?

LNG- EC is estimated to prevent 60% to 90% of pregnancies that may have occurred when taken within the recommended time frame. The earlier it is taken the more effective it is. To be sure that LNG-EC has worked a pregnancy test should be done three weeks after the last unprotected sex.

#### Does it have any side effects?

LNG- EC is considered a very safe medication to use. Most people do not experience any side effects, but if they do occur they may include nausea, headache, and possible changes to your menstrual cycle in the month that you take it.

#### Where can I get it?

LNG- EC is available over the counter at most pharmacies. It is also available at the SHFPACT clinic, Walk in Centres, The Junction Youth Health Centre and at Canberra Sexual Health Centre.



### ULIPRISTAL-EC (ELLA ONE).

This contains a 30mg dose of ulipristal acetate (UPA-EC) which is a medication called a selective progesterone receptor modulator.

#### How does it work?

Ulipristal-EC works primarily by stopping or delaying ovulation. It works even if an egg is just about to be released. It is unlikely to prevent implantation.

#### How do you take it?

Ulipristal –EC is a tablet taken by mouth within 120 hours (five days) of unprotected sex. The sooner it is taken the more effective it is. If vomiting occurs within two hours of taking the UPA-EC, the dose needs to be repeated. If you are breastfeeding you will need to stop feeding your baby for seven days after using UPA-EC and discard any milk expressed during this period. You may resume breastfeeding after the initial seven days.

*Please note: If you are using the combined oral contraceptive pill or progestogen only pill (mini pill) you will need to stop taking it for five days after using UPA-EC and once restarted on your previous contraceptive method, use condoms for seven days.*

#### How effective is LNG-EC?

While an exact figure is not known, trials comparing the effectiveness of oral emergency contraception show that UPA-EC prevent significantly more pregnancies than LNG-EC. To be sure that UPA-EC has worked a pregnancy test should be done three weeks after the last unprotected sex.

#### Does it have any side effects?

Like the LNG-EC, the UPA-EC is considered a very safe medication to use. Most people do not experience side effects, but if they do occur they may include nausea, headaches, and possible changes to your menstrual cycle in the month that you take it.

#### Where can I get it?

UPA-EC is available over the counter at most pharmacies.

## COPPER IUD

The copper IUD (intra uterine device) is a small copper coated plastic device which is inserted into the uterus and which can be used as emergency contraception.

#### How does it work?

The Copper IUD works by interfering with sperm and egg movement, and also by preventing implantation. It can also be used as ongoing contraception. It needs to be inserted within five days of unprotected sexual intercourse.

#### How effective is it?

The Copper IUD is over 99% effective in preventing pregnancy when inserted within five days of unprotected sexual intercourse.

#### Where can I get a Copper IUD?

You will need to have an IUD inserted by a specially trained doctor within the correct timeframe once you have been assessed for suitability.

#### For More details

#### about the Copper IUD

Please contact SHFPACT during business hours on **02 6247 3077** or your GP.

