theGYN nextdoor | ನಮ್ಮ GYNEC
She Comes First

HANDBOOK

EMERGENCY CONTRACEPTIVE PILL (ECP)

Emergency Contraceptive Pill (ECP)

Could I Still Prevent Pregnancy?



The Emergency Contraceptive Pill can help **reduce the chance of pregnancy** after unprotected sex.

Use it after:



Unprotected sex



Condom breakage



Missed contraceptive pills



Did You Know?

The emergency pill **prevents** pregnancy.
It does **NOT** end an existing pregnancy.

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When Should I Take It?

The **sooner** you take it,
the **better** it works.

Within 24 hours
Most effective

Up to 72 hours
Still works well

Up to 120 hours (5 days)
Some emergency pills can work up to 120 hours depending on the type.

After taking it, you may notice:



Nausea



Mild cramps



Spotting



Your next period may be a little early or late

Did You Know?

If you vomit within **3 hours** of taking the pill, you may need another dose.

Contact your doctor for advice.

Emergency contraception is safe and effective.
Keep it handy, be prepared, and take control.

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FAQs

You Asked. We Answer.



Q **Is it an abortion pill?**

A **No.**
It prevents pregnancy.
It does NOT end an existing pregnancy.





Q **Does it work every time?**

A **No.**
The sooner you take it,
the better it works.





Q **Does it protect against STIs?**

A **No.**





Q **When should I take a pregnancy test?**

A If your period is
more than one week late.





See a doctor if:

- Severe abdominal pain
- Heavy bleeding
- Positive pregnancy test
- Repeated need for emergency contraception





Did You Know?

Needing emergency contraception once isn't something to feel embarrased about. If you need it often, it's worth discussing a regular contraceptive method that suits your lifestyle.



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You're Not Alone

Taking the emergency pill is a **responsible** choice.

It's okay to prioritize your health and peace of mind.

Remember



The emergency pill **prevents** pregnancy. It does **NOT** end an existing pregnancy.



The **sooner** you take it, the **better** it works.



It's **not** for regular use. Choose a regular contraceptive method that suits you.



You deserve care, information and choices that work for **you**.





Need to talk or have questions about contraception?

We're here for you.

Contact your doctor for personalized advice and support.