

You received from us:

- Norlevo ®
- Ella One ®

*This medication does **not** protect you against pregnancy for the next month.*

Care Centre after Sexual Assault

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Morning-After pill

Emergency contraception



Emergency contraception

What is it?

To avoid an unwanted pregnancy, you have been given emergency contraception (the “morning-after pill”).

This form of emergency contraception stops or slows down ovulation. However, the morning-after pill is not effective if implantation of the fertilised egg has already started. An emergency contraceptive pill will not interrupt a pregnancy and is therefore not the same as an abortion pill.

This medication does not protect you against pregnancy for the next month.

Treatment

If you were in the ZSG within 3 days after the event, you received Norlevo®.

If you were in the ZSG between 3 and 5 days after the event, you received Ella-one®.

Further protection

After taking **Norlevo®**, you must use a contraceptive (condom) until your next menstrual period starts. If you have unprotected intercourse again after taking this medicine (even if it is in the same menstrual cycle), this medicine will not protect against pregnancy again. If you are using a regular method of contraception such as the oral contraceptive pill, you can continue with this as usual.

After taking **Ella-One®**, you must use a contraceptive (condom) until your next menstrual period starts. If you have unprotected intercourse again after taking this medicine (even if it is in the same menstrual cycle), this medicine will not protect against pregnancy again. Are you using the pill, ring or patch? Then you must wait 5 days after taking Ella One® before taking your contraception. The pill, ring and patch prevent the emergency contraceptive pill from working.

If you vomit within 2 hours of taking Norlevo® or within 3 hours of taking Ella One®, take the pill again or choose another method.

Side effects

The current emergency contraceptive pills have few side effects. You may experience nausea and your normal menstrual cycle may be disrupted. If your period does not occur after 1 month, we recommend you have a pregnancy test performed by your doctor.

If you have any questions, please contact the ZSG.

Useful links:

www.sensoa.be

www.allesoverseks.be