

## LEVONORGESTREL (Emergency Contraceptive Pill)

*lee-voe-nor-jes-trel*

### What does it do?

*Levonorgestrel* is used to prevent pregnancy after you have had unprotected sex. This includes contraceptive failure such as a condom breaking or missing your regular contraceptive tablets.

### Before you start

- Tell your health professional if your last period was more than 5 days late, or if it was light or unusual in any way.
- Tell your health professional if you are breastfeeding.
- If you weigh more than 70 kg, *levonorgestrel* may not work for you. Discuss your options with your health professional.

### How should you take it?

Take *levonorgestrel* as soon as possible, but no later than 72 hours, after unprotected sex.

Sometimes *levonorgestrel* can make you feel sick or vomit. Taking the tablet with food may help prevent this. If you vomit within 3 hours of taking *levonorgestrel*, you will need to take another tablet.

### Can you take other medicines?

Some medicines available without a prescription may react with *levonorgestrel* including:

- orlistat (Xenical®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

### What side effects might you notice?

Side Effects	Recommended action
Vomiting	If within 3 hours, you will need to get another tablet
Changes in periods Nausea, abdominal pain Sore breasts Headache, dizziness, tiredness or weakness	Tell your health professional if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- If you have very bad diarrhoea after taking *levonorgestrel*, it may not work for you. Discuss your options with your health professional.
- Most women should get their next period around the usual time (it might be a few days early or late). Contact your health professional if your next period is more than 5 days late, unusual in any way, or if you think you might be pregnant.
- *Levonorgestrel* is for emergency use only and not suitable for regular contraception.
- If you are already using regular contraception, continue to take this at the normal time.
- *Levonorgestrel* does not protect you from sexually transmitted infections.
- Taking *levonorgestrel* doesn't make it harder to get pregnant if you want to later on.