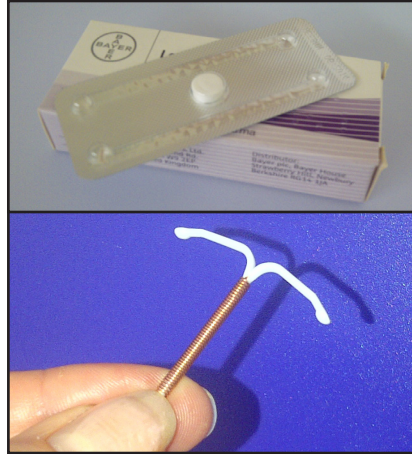


# Emergency Contraception



If you have had sex without using a contraceptive you might need emergency contraception.



Contraception can prevent pregnancy.

There are 2 types of emergency contraception for women:

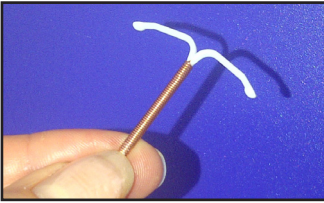


1. A pill can be taken up to 5 days after having sex.

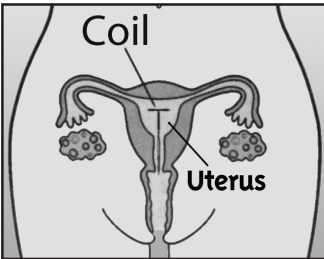
It works better if you take it as soon as possible after sex.



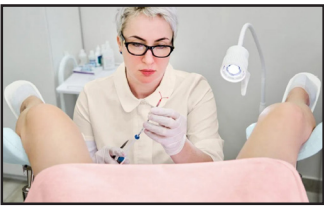
The emergency contraception pill is free from most pharmacies.



## 2. The Coil (or IUD) is also emergency contraception



It is a small device which is put in to the uterus.



The coil must be fitted by a GP, doctor or a nurse at a GP surgery or sexual health clinic.



You should still use condoms when having sex.

Condoms can prevent sexually transmitted infections.



You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from  
***<https://www.freecondomscentral.co.uk>***

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

[Services for All \(centralsexualhealth.org\)](http://centralsexualhealth.org)

**[www.centralsexualhealth.org](http://www.centralsexualhealth.org)**

**Remember** that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

January 2023