And if there are problems?
The emergency contraceptive pill does not have any serious side effects. In some cases, it can cause minor side effects, like nausea and headache. It can also cause some women’s period to come early or late, but this has no long-term effects and cannot cause infertility.

Where to get the emergency contraceptive pill
You can get your emergency contraceptive pill from public and private health facilities (Pharmacies, PPMVs etc).

You can get your emergency contraceptive pills with or without a prescription.

Attention!
If you do not get your monthly bleeding within 7 days of when you expect it, see a health care provider immediately for appropriate assessment and counseling. There is a chance you may be pregnant.

Take note!
- Avoid taking the emergency contraceptive pill more than once in 24 hours, other contraceptive methods are more effective
- Avoid anxiety and panic. If you are having sex often, using a regular contraceptive method is more effective (pills, injectables, IUDs and Implants.)
- The emergency contraceptive pill does not protect you from Sexually Transmitted Infections including HIV/AIDS.

It is most effective to take the emergency contraceptive pills right away
What is it?
The emergency contraceptive pill is a contraceptive method that can prevent pregnancy after unprotected sex if used within 120 hours (5 days).

Every woman of reproductive age can safely take the emergency contraceptive pill, including adolescents, single women, married women, and older women after unprotected sex.

When and how do you use it?
The emergency contraceptive pill is more effective the sooner it is taken after unprotected sex. However, if unprotected sex occurred more than 5 days ago, emergency contraception will not work.

Take appropriate dose of emergency contraceptive pill:
- When a method failed or was incorrectly used. For example, when condom breaks, or you missed oral pills
- In cases of rape
- When no contraceptive method was used.

If in doubt, consult a pharmacist, nurse, or doctor.

How does it work?
The emergency contraceptive pill works by preventing pregnancy. It cannot interfere with an established pregnancy or cause an abortion. After the initial dose, it does NOT offer protection for any subsequent unprotected sex.

Avoid taking the emergency contraceptive pill more than once in 24 hours.

The emergency contraceptive pill is not a substitute for family planning protection.

With the help of a family planning provider, you can choose from other options such as pills, injectables, IUDs, Implants, etc. which offer more reliable protection.