



Central Montana Family Planning
505 West Main St, Suite 108 - Lewistown, MT 59457
(406) 535-8811 phone & fax
<http://www.cmtfp.org>

EMERGENCY CONTRACEPTIVE (ECP) CONSENT

NAME: _____ DOB: _____ PATIENT #: _____

BENEFITS

Emergency contraceptive pills are used to help prevent pregnancy after unprotected sex or the failure of your birth control method. Emergency contraception is also an essential part of treatment for victims of sexual assault who are not protected by an effective contraceptive method at the time.

INDICATIONS FOR USE

- No contraceptive was used when vaginal intercourse took place
- A male condom slipped, broke, leaked, or remained inside the vagina
- A female diaphragm or cervical cap was inserted incorrectly, dislodged during intercourse, was removed too early, or was found to be torn
- One or more combined oral contraceptive pills were missed at the beginning or end of a packet so the pill-free interval was prolonged beyond seven (7) days, or two (2) or more pills were missed during the pill cycle
- One or more progestin-only (“mini-pill”) pills were missed at *any* time
- The “patch” was removed early or applied late
- The “ring” was removed early or inserted late
- A female condom was inserted or removed incorrectly, leading to spillage of semen, or the penis was inserted mistakenly between the female condom and the vaginal wall
- A mistake was made with *coitus interruptus* (“pulling out”, early withdrawal)
- A mistake was made when practicing periodic abstinence (“the rhythm method”)
- An IUD was partially or totally expelled

ACTION

Emergency contraceptive pills (ECPs) are hormonal pills that you take to try and prevent pregnancy. They are a certain dose of either combined oral contraceptive pills (both estrogen and progestin) or progestin-only pills. When taken as instructed, ECPs may keep you from becoming pregnant in one of three ways:

1. By preventing the ovaries from releasing an egg.
2. Changing the movement of the egg and/or sperm so that fertilization cannot occur.
3. Changing the lining of the uterus so that a fertilized egg can't attach and become a pregnancy.

EFFECTIVENESS FOR PREVENTION OF PREGNANCY

Emergency contraceptive pills are 75-89% effective depending on when, during the menstrual cycle, the unprotected intercourse took place. However, this method fails to prevent pregnancy in some cases because:

- A pregnancy is already established and a fertilized egg is implanted in the uterus
- Too much time has passed since the unprotected vaginal intercourse
- Failure of the ECP itself

****Note: ECPs do not prevent pregnancy if unprotected vaginal intercourse occurs AFTER treatment.****

EFFECTIVENESS FOR PREVENTION OF SEXUALLY TRANSMITTED INFECTIONS

Emergency contraceptive pills **do not** prevent against sexually transmitted infections (STIs), including HIV. Having unprotected intercourse may have put you at risk for STIs. If you think you could be at risk for STIs, you should talk to your clinic nurse or counselor about getting tested.

POTENTIAL SIDE EFFECTS

Some reactions to ECPs may include:

- Nausea & vomiting (rare with progestin-only “Plan B” ECPs)
- Headache
- Fatigue
- Menstrual changes including the amount, duration, & timing of the next menstrual period



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DANGER SIGNS

It is theoretically possible that some rare but serious problems or complications could occur with combined hormone ECPs (not “Plan B”), particularly with blood clots. As with any hormonal birth control method, you should watch for the following danger signs and report any to a clinician immediately:

- Unusual swelling or pain in the legs and/or arms
- Sudden severe headaches
- Severe pain in the stomach or abdomen

IN CASE OF EMERGENCY

- A 24-hour emergency telephone number is 406-535-7711
- The nearest hospital is CMMC at 408 Wendell Avenue, Lewistown, MT 59457

WHAT IF I AM ALREADY PREGNANT?

ECPs will not work once a fertilized egg has implanted in the uterus and a pregnancy has been established. There is no medical evidence that ECPs would harm a developing fetus. If you are pregnant and want to discuss your options, please contact a clinic nurse, provider, or counselor.

INSTRUCTIONS FOR COMINED HORMONE ECP

Read all instructions. The first 4 pills should be taken within 72 hours of unprotected intercourse. The second dose of 4 pills should be taken 12 hours after the first dose.

INSTRUCTIONS FOR PROGESTIN-ONLY ECP

Read all instructions. Take 1 or 2 pills (depending on the type of medication) as soon as possible within 120 hours after unprotected intercourse.

TO PREVENT FEELING SICK TO YOUR STOMACH AND/OR THROWING UP

- Do not take the pills on an empty stomach
- Consider taking non-prescription anti-nausea medication approximately 1 hour before taking combined hormone ECPs (such as Dramamine or Bonine)

Your period should start within 3 weeks after taking ECPs. If it does not start by then or is heavier or lighter than normal, call your provider at the clinic to discuss your options.

SEE THE PACKAGE INSERT FOR MORE SPECIFIC USAGE INSTRUCTIONS.

FUTURE CONTRACEPTIVE USE

It is important to discuss a more reliable form of ongoing birth control than ECP if you are at risk for unintended pregnancy. Ask about birth control methods and options with the clinic’s nurse, care provider, or counselor, and use latex or polyurethane condoms to prevent sexually transmitted infections.

I have read and understand these instructions, any questions I may have had were answered.

Patient Signature

Date

Staff Signature

Date