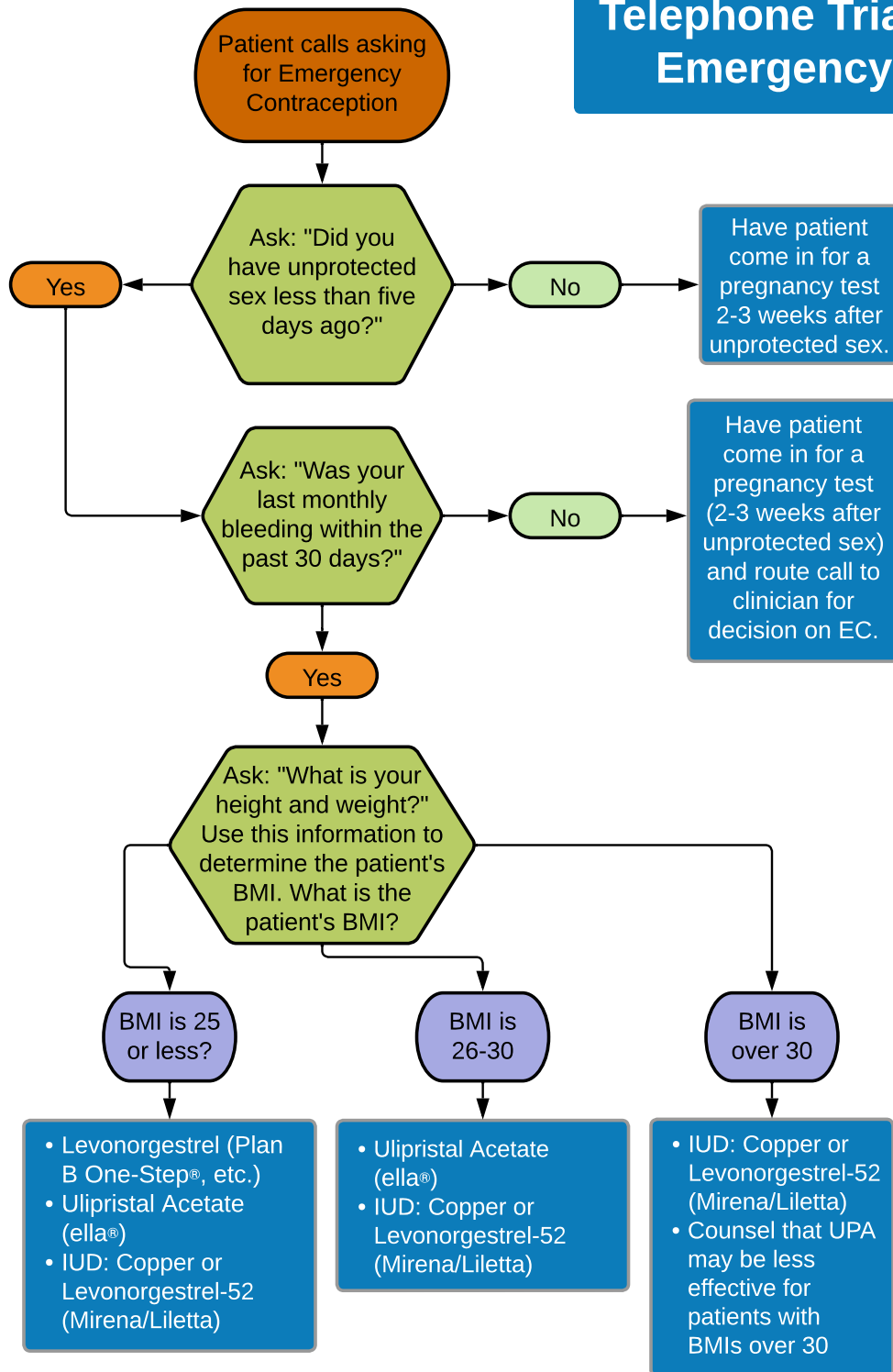


Telephone Triage Algorithm For Emergency Contraception



- Emergency Contraception (EC) is most effective when taken as soon as possible after unprotected sex.
- EC can work up to 5 days (120 hours) after unprotected sex.

• Pills: Progestin (Plan B One-Step® and others), Ulipristal Acetate (ella®)

- Fill the prescription immediately. If there are two tablets, take both tablets together. (Even if the box might say to take them 12 hours apart and up to 3 days - it works better to take both pills together and is effective up to 5 days.)
- **Progestin EC**
 - Is available over the counter at pharmacies, vending machines on college campuses and other public places, and telehealth platforms
 - Best if taken ASAP, and within 5 days (120 hours) of having unprotected sex
- **Ulipristal Acetate**
 - Requires a prescription
 - Best if taken ASAP, and within 5 days (120 hours) of having unprotected sex
 - Patients with BMIs higher than 30 should be counseled that ulipristal acetate may be less effective and an IUD may be more effective. To avoid stigmatizing the patient's size, you can say "drug companies aren't good at making sure their medications work for people of all different sizes."
 - If a patient is currently using hormonal contraception, instruct the patient to wait 5 days after taking ulipristal acetate before using hormonal contraception.

• Intrauterine Device (IUD): Copper, Levonorgestrel-52 (Mirena/Liletta)

- If planning to use an IUD as EC, either the Copper or Levonorgestrel-52 (Mirena/Liletta) IUD should be placed by a clinician within 120 hours (5 days) of having unprotected sex.
- A patient's BMI will not affect the effectiveness of the IUD.
- In addition to being used as EC, the IUD can be continued as a method of contraception.
- If the patient does not want to use the IUD as a continued method of contraception, it can be removed during or after their next monthly bleeding.

• Follow Up

- The patient should take a pregnancy test 2-3 weeks after using EC.
- Schedule an appointment if the patient is interested in an ongoing method of contraception.

Other Things to Note:

- A prescription for EC pills should be sent to the pharmacy after the conversation with the patient, and after it has been ordered and documented in the patient's chart by a provider. Call in as soon as possible.
- If a patient calls asking for EC pills to have on hand in case of an emergency, you can send in the prescription (advance prescription). The same instructions for when/how to use should be given to the patient.
- Document this telephone encounter as is required by your health center.

