

Dispensing protocol for oral emergency contraception

Pharmacist: Consultation number (internal)

Date/Time:

Medical history

- Date of birth:
- Number of hours** since last UPSI: 0–72 h 73–120 h >120 h
- Reason for pregnancy risk:**
 No contraception Condom breakage / slippage
 Incorrect use of hormonal contraception (HC): preparation used:
 → Number of hours since incorrect use of HC: 0–72 h 73–120 h >120 h
 Comment:
- Further UPSI** since last menstruation: No Yes ≤72 h ago Yes 73–120 h ago Yes >120 h ago
- Cycle:** Start of last menstruation:
 How was the last menstruation? Normal Lighter/shorter Absent
 Regular cycle? No Yes → Cycle length: days
- Other medications:**
 Systemic glucocorticoid for asthma treatment Progestogen CYP3A4 inducer
- Precautions and contraindications:**
 Liver dysfunction Pregnancy Lactation Allergy to LNG/UPA
- BMI:** Weight: Height: BMI <25 kg/m² BMI 25–30 kg/m² BMI >30 kg/m²
- EC already **taken in the past?** No
 Yes, in the same cycle Active ingredient/comment:
 → History of ectopic pregnancy? No Yes
 Yes, in previous cycle Tolerability/comment:

Documentation of dispensing/referral

- Power of judgement?** Yes No
- Emergency contraception dispensed:** LNG UPA Double dose of LNG (3 mg)
 No dispensing, reason:
- Referral of the woman:** Sexual health counselling center Doctor/hospital
- Comment:**

Mandatory information to the woman:

- Contraception in the coming days:**
 → EC does not provide lasting contraceptive protection, use contraception immediately
 → Hormonal contraceptive method: see document «Differenziertes Vorgehen bei fehlerhafter Anwendung einer hormonellen Verhütung»
- Most common adverse drug reactions** of EC:
 → Postponement of next menstruation: may be earlier after LNG; may be later after UPA (up to >20 days later)
 → Nausea (<10%) and vomiting (<1%). Repeat EC intake if vomiting occurs within three hours
 → Spotting (<1%)
- In case of absence of menstruation >3 weeks after EC** → Pregnancy test recommended

Further information to the woman:

- Female cycle, mechanism of action of EC
- Contraceptive methods (e.g. fact sheets in various languages at www.sex-i.ch; condom size guide at www.mysize.ch)
- Sexually transmitted infections (e.g. Safer Sex Check at www.lovelife.ch; Sex etc. «brochure»)
- Recommendation of regular gynaecological check-ups (cancer smear test, contraceptive methods, ...)