

# EMERGENCY CONTRACEPTIVE KIT

FOR: \_\_\_\_\_

DRUG PROVIDED: \_\_\_\_\_ Lo-Ovral      EXPIRATION DATE: \_\_\_\_\_

\_\_\_\_\_ Levlen      EXPIRATION DATE: \_\_\_\_\_

*Directions: If you have had unprotected intercourse, take 4 pills ASAP and 4 pills 12 hours later.*

NAME OF HEALTHCARE PROVIDER PRESCRIBING PILLS: \_\_\_\_\_

ADDRESS OF HEALTHCARE PROVIDER: \_\_\_\_\_

\_\_\_\_\_

Q 1953

SUCCESS WITH  
EMERGENCY  
CONTRACEPTIVE  
PILLS

*“Morning After Treatment”*

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INSTRUCTIONS

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# INSTRUCTIONS

## *For Using Emergency Contraceptive Pills*

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Should you decide that **Emergency Contraceptive Pills (ECPs)** offer an appropriate option for your circumstances, it is important that you follow the instructions in this pamphlet.

There are several kinds of ECPs available. Those choices are listed in the box following this introduction. You must choose only one type of pill and use that type throughout the treatment. For example, if you use Ovral, you do not need Levlén. If you are getting your ECPs from a regular pack of birth control pills containing 28 pills (one for every day), any of the first 21 pills can be used as ECPs. Remember that the last seven pills in a 28-pill pack cannot be used as ECPs because they do not contain any hormones. If you are using Triphasil or Tri-Levlén, the first 21 pills have three different colors, but only the yellow pills can be used as ECPs.

Brand Name	Number of pills to swallow as soon as possible.	Number of pills to swallow 12 hours later.
Ovral	2	2
Lo/Ovral	4	4
Nordette	4	4
Levlén	4	4
Triphasil (yellow only)	4	4
Tri-Levlén (yellow only)	4	4

**1. Swallow the first dose as soon as possible** and no later than 72 hours after having unprotected sex. Eat a snack or drink a glass of milk to reduce the risk of nausea.

**2. Swallow the second dose 12 hours after taking the first dose.** Remember to eat or drink something to help prevent nausea. Do not take any extra ECPs. More pills will probably not decrease the risk of pregnancy any further. More pills will simply increase the risk of nausea.

**3. About one-third of women who use ECPs have temporary nausea.** It is usually mild and should stop in a day or so. If you vomit within an hour after taking a dose, contact your clinician. You may need to repeat a dose. You also may need some anti-nausea medicine.

Watch for danger signals for the next couple of weeks. See us at once if you have:

- severe pain in your leg (calf or thigh)
- severe abdominal pain
- chest pain or cough or shortness of breath
- severe headaches, dizziness, weakness, or numbness
- blurred vision, loss of vision, or trouble speaking
- jaundice (yellowing of the skin)

**4. Your next period may start a few days earlier or later than usual.** If your period doesn't start within four weeks, schedule an exam and pregnancy test right away. If you think that you may be pregnant, see us at once, whether or not you plan to continue the pregnancy. ECPs may not prevent an ectopic pregnancy (in the tubes or abdomen). Ectopic pregnancy is a medical emergency.

**5. As soon as you possibly can, begin using a method of birth control** you will be able to use every time you have sex. ECPs are meant for one-time, emergency protection. ECPs are not as effective as other forms of birth control. If you want to resume use of birth control pills after taking ECPs, consult your clinician. Protect yourself against AIDS and other sexually transmitted infections as well as pregnancy by using condoms every time you have sex if you think you may be at risk.

FACTS ABOUT  
EMERGENCY  
CONTRACEPTIVE  
PILLS

*“Morning After Treatment”*

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BACKGROUND  
INFORMATION

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## BACKGROUND INFORMATION

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The consistent use of a contraceptive before sex is the best way to protect yourself from an unwanted pregnancy. But what happens after that unexpected instance when you found yourself unable to plan ahead? If you have had unprotected intercourse, and you are certain that you do not desire to be pregnant, you may want to consider using Emergency Contraceptive Pills (ECPs). This treatment, provides birth control after sex. And it may offer an appropriate option in some circumstances.

### **ARE ECPS RIGHT FOR YOU?**

When you have sex without any birth control, your risk of becoming pregnant depends on where you are in your menstrual cycle. During your most fertile days, midway between two menstrual periods, the risk could be as high as 30%. If you use ECPs, your chance of becoming pregnant is reduced by about 75%. For example, a 30% risk would be reduced to no more than 8%.

### **TIMING IS EVERYTHING!**

ECPs must be taken as soon as possible and for sure no later than 72 hours after unprotected sex.

- **If you have had unprotected sex just once** since your last normal menstrual period and that unprotected time was no more than 72 hours ago, ECPs make sense.
- **If you have had unprotected sex more than once** since your last normal menstrual period, and at least one of those unprotected times

was more than 72 hours ago, you may already be pregnant. If you are already pregnant, ECPs will not work. On the other hand, if you are not already pregnant, your very recent unprotected time would be a reason to consider ECPs.

■ **If you would not have an abortion**, you need to weigh the benefit of avoiding pregnancy against the risk that the embryo will be exposed to hormones if ECPs fail or if you were already pregnant. In this case, you should talk to your clinician who can help you assess the pros and cons of using ECPs. If you are sure that you would have an abortion, ECPs make sense.

Treatment with ECPs consist of two doses of hormone pills, with the first dose taken as soon as possible after unprotected intercourse. The hormones are estrogen and progestin, which are contained in regular birth control pills, ECPs provide a short, strong burst of hormone exposure. This disrupts hormone patterns that are essential for pregnancy. Hormone release from the ovary is reduced and development of the uterine lining is disturbed. These disruptions are temporary, lasting on a few days.

## **TEMPORARY SIDE EFFECTS**

It is fairly common to have temporary side effects during treatment with ECPs. About one-third of women experience nausea or vomiting. Less common temporary side effects are headache, breast tenderness, dizziness and fluid retention. Many studies of ECPs have demonstrated that they work well, and no serious health problems resulting from their use have been reported. However, a woman using ECPs could have one of the dangerous or even fatal complications that have been reported in very rare cases after normal, prolonged use of birth control pills. These include

blood clots in the legs or lungs, heart attack, stroke, liver damage, liver tumor, gallbladder disease and high blood pressure.

For some women, emergency insertion of an IUD (intrauterine device) may be a reasonable alternative to ECPs. To be effective, IUD insertion must be done within five days after unprotected intercourse. The IUD, however, is not a wise choice for a woman who intends to have a pregnancy in the future or has any current risk to exposure to sexually transmitted infections.

Talk to your clinician before using ECPs if you think you might have become pregnant last month.

Symptoms of early pregnancy can include:

- breast tenderness
- nausea
- changes in your last menstrual period

Talk to your clinician before using ECPs if you have ever had:

- a stroke
- breast cancer
- blood clots in your legs or lungs
- any reason to think ECPs might pose a health risk for you
- any serious medical disorder, such as diabetes, heart disease, kidney disease, or high blood pressure

For most women, ECPs are a simple, safe option that can greatly reduce the chance of pregnancy after unprotected intercourse.

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*Source: Adapted from R. Hatcher, MD, MPH; James Trussell, PhD; Felicia Stewart, MD, MPH; Gary K. Stewart, MD, MPH; Deborah Kowal, MA, PA; Felicia Guest, MPH, CHES; Willard Cates, Jr., MD, MPH; Michael S. Policar, MD, MPH (authors of Contraceptive Technology, Irvington Publishers, New York, 1994.)*

ADDITIONAL COPIES OF THIS BROCHURE ARE AVAILABLE THROUGH:



P. O. BOX 33218, DECATUR, GA 30033  
(800) 721-6990 • (404) 373-0530 • FAX 404) 373-0480

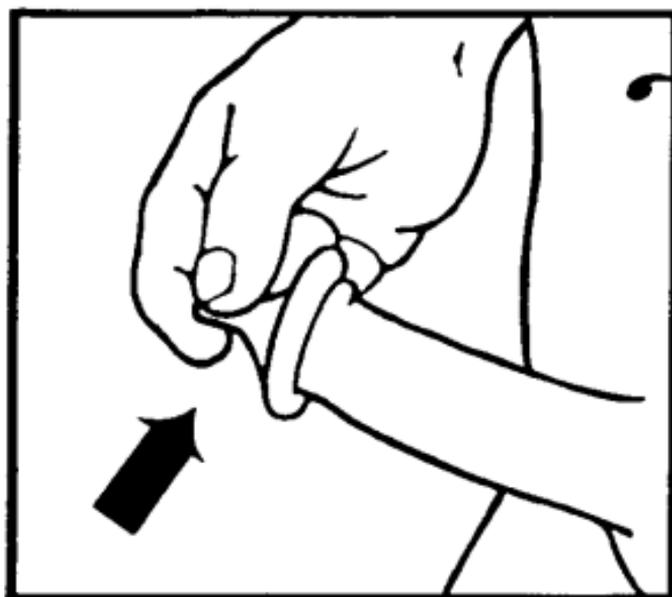
# How to use a condom

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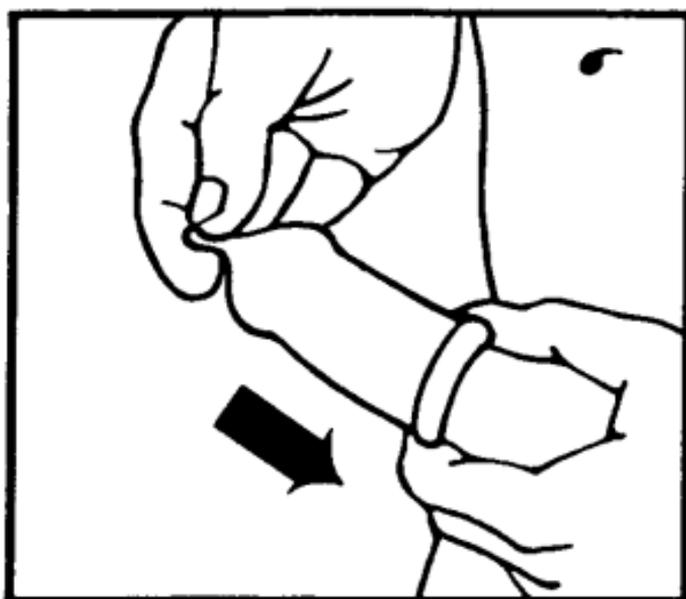
**LifeStyles<sup>®</sup>**  
Condoms

# 1 PUTTING IT ON *PARA PONERSELO*

- Use a new condom before each sex act.  
*Use un condón nuevo antes de cada acto sexual.*
- Squeeze tip of condom to remove air.  
(Excess air could cause condom to break.)  
*Apriete la punta del condón para remover el aire. (Exceso de aire puede causar la rotura del condón).*



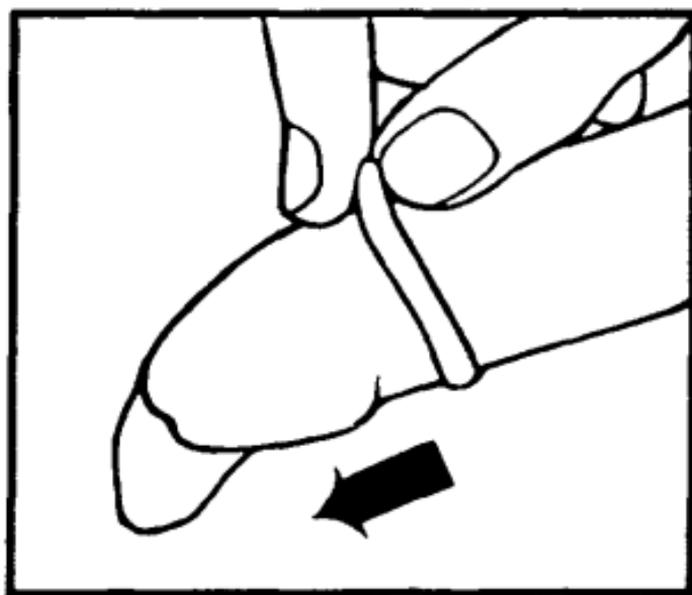
- When penis is hard (before any sexual contact), place condom on tip and roll down all the way.  
*Cuando el pene esté duro (antes de cualquier contacto sexual) coloque el condón en la punta del pene y desenróllelo totalmente hacia abajo.*



## 2 TAKING IT OFF PARA QUITARSELO

- After coming, withdraw penis while still hard.

*Después de eyacular, saque el pene mientras esté todavía duro.*

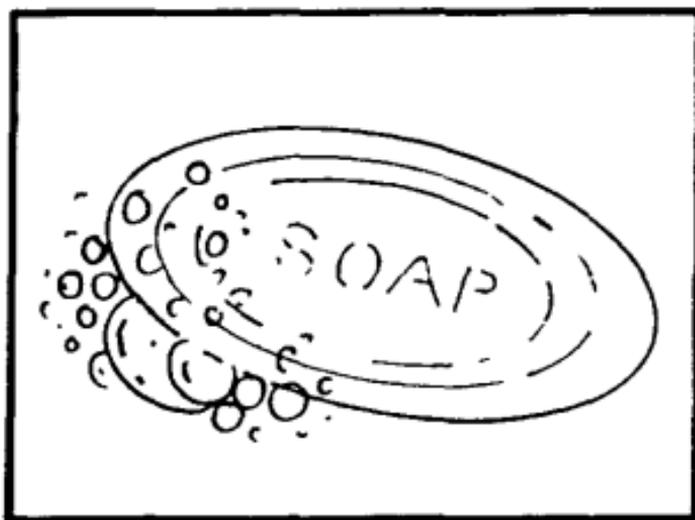


- Hold on to rim of condom as you withdraw so nothing spills.

*Sostenga el aro del condón mientras usted retira el pene para que nada se derrame.*

- Avoid further sexual contact with your partner until both of you wash your sex organs and any other areas that came in contact with body fluids.

*No tenga ningún contacto sexual con su pareja hasta que ustedes dos se hayan lavado los órganos sexuales y otras áreas que tenga contacto con fluidos humanos.*



# 3 IMPORTANT FACTS

## INFORMACION IMPORTANTE

- If more lubrication is needed, use K-Y Jelly® or other water-based or silicone lubricant.  
*Si se necesita más lubricación, use K-Y Jelly® u otro lubricante de silicón o a base de agua.*
- Do not use oil based lubricants such as Vaseline® petroleum jelly, mineral oil, vegetable oil or cold cream as these could break the condom.  
*No use lubricante a base de aceite como gelatina de petrolato Vaselina®, aceite mineral o crema para la cara pues éstos hacen que el condón se rompa.*
- If you or your partner sense burning or itching, discontinue use of this condom. Try another type of condom.  
*Si usted o su pareja sienten irritación o picazón, descontinúe el uso del condón. Ensaye con otro tipo de condón.*
- If the condom breaks or semen (cum) spills or leaks out, you and your partner should wash wherever you had sexual contact right away.  
*Si el condón se rompe o si el sémen se derrama o sale por algún agujero, usted y su pareja deben lavarse cualquier parte en donde hayan tenido contacto sexual inmediatamente.*
- If the condom is sticky or brittle or looks damaged, do not use it.  
*Si el condón está pegajoso o quebradizo o parece dañado, no lo use.*
- Store condoms in a cool, dry place. Do not keep in a wallet or glove compartment. Keep out of direct sunlight.  
*Guarde los condones en un lugar seco y fresco. No lo deposite dentro de la billetera o en la guantera. No lo mantenga en contacto directo con la luz del sol.*

# 4 CONDOM EFFECTIVENESS EFICACIA DE LOS CONDONES

The only sure way to prevent pregnancy and sexually transmitted diseases is not to have sex. No condom or contraceptive works 100% of the time. **However, if you are having sex, LifeStyles condoms, when properly used, can help prevent pregnancy and the transmission of sexually transmitted diseases including AIDS.** Condoms are primarily intended for use in vaginal sex; other uses can increase the potential for breakage.

*La única manera de prevenir totalmente embarazos y enfermedades sexualmente transmisibles es no tener sexo. Ningún condón o anticonceptivo es eficaz 100%. **Pero si usted practica el sexo, los condones LifeStyles, proplamente usados, pueden ayudar a prevenir el embarazo y la transmisión de enfermedades sexualmente transmisibles incluyendo SIDA.** Los condones són para ser usados en sexo vaginal; usarlos de otra forma aumenta la posibilidad de rotura.*

## ADDITIONAL INFORMATION INFORMACION ADICIONAL

LifeStyles condoms are available:

*Los condones LifeStyles se pueden conseguir en diferentes clases:*

- Non-Lubricated — the preferred dry condom  
*Sin lubricación — el condón seco preferido*
- Lubricated with SK-70® — for a natural feeling  
*Lubricado con SK-70® — para una sensación natural*
- Lubricated with Spermicide\* (Nonoxynol-9) — for extra protection  
*—Lubricado con Espermaticida (Nonoxynol-9)  
— para protección adicional.*

\*Condoms lubricated with Nonoxynol-9 combine a latex condom and a spermicidal lubricant. The spermicide, Nonoxynol-9, reduces the number of active sperm, thereby decreasing the risk of pregnancy if you lose your erection before withdrawal and some semen spills outside the condom. However, the extent of decreased risk has not been established. This condom should not be used as a substitute for the combined use of a vaginal spermicide and a condom.

*Los condones lubricados con Nonoxynol-9 son hechos de látex y combinados con un lubricante. El espermaticida Nonoxynol-9 reduce el número de esperma activa, reduciendo así el riesgo de embarazo si Ud. pierde su erección antes de salir de la vagina y algún esperma se derrama fuera del condón. Sin embargo, cuánto se ha disminuído el riesgo es algo que no se ha podido establecer todavía. El condón no debe ser usado como un sustituto para el uso combinado de espermaticida vaginal más un condón.*

Active ingredient: Avg. 32 mgs. Nonoxynol-9 at 6.6% concentration per condom.

*Ingrediente activo: Aproximadamente 32 mgs. Nonoxynol-9 con una concentración de 6.6% en cada condón.*

This insert is produced by Ansell Incorporated, America's #1 Condom Company

*Este folleto informativo fue producido por Ansell Incorporated, la compañía No. 1 de condones en America.*

Ansell Incorporated  
Medical Products Division  
Eatontown, NJ 07724

**N**early 2,000,000 fewer pregnancies, including 800,000 fewer abortions could result from more widespread use of postcoital hormonal contraception following unprotected sex.

Lack of knowledge about Emergency Contraceptive Pills is a major barrier to their use. Most women are not aware that ECPs exist, and even those that *are* say they would not know where to obtain them. Moreover, knowledge of ECPs is not widespread among clinicians.

Providing a kit in a clinic or an office setting would afford an opportunity for a clinician to educate sexually active women about the emerging option of postcoital pills.

Each kit contains condoms to avoid the need for Emergency Contraceptive Pills, information about Emergency Contraceptive Pills and instructions for using them. Kits distributed by **Bridging the Gap Communications, Inc.** do not contain the **actual birth control pills** women take when using the Emergency Contraceptive Kit.

**TO ORDER, CALL TOLL FREE 1-800-721-6990 OR (404) 373-0530 • FAX (404) 373-0480**

**EMERGENCY CONTRACEPTIVE KITS**

10 Kits (Minimum)      \$29.95

11-999                      2.00 ea.

1000 (and over)        1.00 ea.

(Prices subject to change)

**METHOD OF PAYMENT**

Check     MasterCard     VISA

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

	PRICE	QUANTITY	TOTAL
<b>ECK</b>			
<b>*CT 94/96</b>	<b>19.95</b>		
	6% GA SALES TAX		
	15% SHIPPING & HANDLING (IN USA)		
	<b>TOTAL</b>		

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Phone: (        ) \_\_\_\_\_

FAX: (        ) \_\_\_\_\_

**For more information on Emergency  
Contraceptive Pills, read the chapter  
in the latest edition of \*Contraceptive  
Technology.**

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