**TREATMENT GUIDELINES FOR HEALTH STAFF**

# Emergency Contraception

Authorized health and wellness staff may administer emergency contraception (EC) to a student as follows:

1. Student reports an unprotected sexual encounter within the past 5 days and desires not to become pregnant.
2. A brief history will be documented, to include LMP, date and time of unprotected sex, current or past use of a contraceptive method, and risk assessment for STDs.
3. A pregnancy test will be performed as indicated if history raises concern for an established pregnancy. If student is already pregnant, EC is not effective and therefore contraindicated.
4. Student will be counseled on the use, effectiveness, potential side effects and safety of available methods of EC.
5. Student will be offered STD testing, as indicated.
6. EC can be used at any time during the menstrual cycle.
7. Administer a single oral dose of levonorgestrel 1.5 mg tablet or two 0.75 mg tablets taken at the same time. This has been shown to be as efficacious as two 0.75 mg tablets taken 12 hours apart and taking a single dose improves adherence.
8. An alternative to levonorgestrel is to administer ulipristal acetate 30 mg tablet in a single oral dose.
9. Both levonorgestrel and ulipristal may be less effective in women with a body mass index (BMI) of > 30 kg/m2, but ulipristal has a lower pregnancy rate than levonorgestrel among obese women. Levonorgestrel may also be less effective for EC in overweight women with a BMI of > 25 kg/m2.
10. The third and most effective EC option is referral for insertion of a copper intrauterine device (IUD), which has the added advantage of providing ten years of pregnancy prevention as a long acting reversible contraceptive (LARC).
11. Student is advised to return for pregnancy test if no bleeding has occurred within 3 weeks.
12. Student should be counseled that EC is for emergency use only. Discuss reasons for previous failure or non-use of contraception. Discuss more reliable contraceptive options with student, such as long acting reversible methods.
13. EC should be available in the Health and Wellness Center for prompt access, since efficacy declines with time since exposure.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* Positive pregnancy test
* Positive STD test
* Request for hormonal contraception
* Referral for IUD insertion
* No menses within 3 weeks of using EC