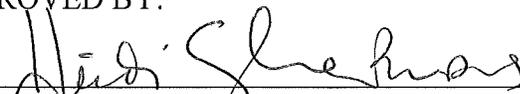


POLICY AND PROCEDURE

NUMBER: 7231-027	REVIEWED AND REVISED:	EFFECTIVE DATE: 05/03/2013	SUPERSEDES NO./DATE: NEW
DISTRIBUTION: ER, Nursing Administration, Administration			
SUBJECT: Emergency Contraception/Patient Education		APPROVED BY:  DEPARTMENT DIRECTOR  ADMINISTRATION	

POLICY: the purpose of emergency contraception (Plan B) is to prevent pregnancy following a sexual assault. By Washington State law, every hospital providing emergency care for sexual assault patients must:

1. Provide information about emergency contraception
2. Inform each patient of her option to be provided with this medication, and
3. If not medically contraindicated provide emergency contraception immediately

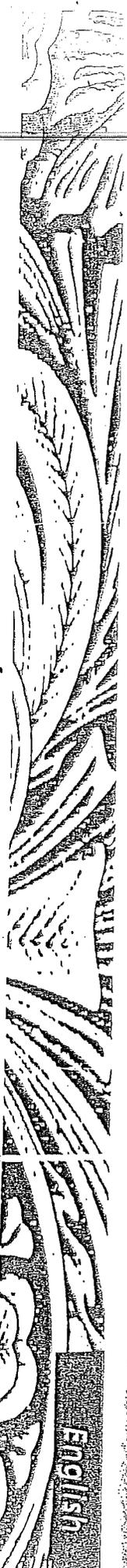
PROCEDURE:

1. Obtain a urine pregnancy test on all females 10 to 55 years of age, except if hysterectomy or tubal ligation. Proceed only if test is negative.

Offer emergency contraception when:

- a. Assault occurred within 5 days prior to presentation, and
 - b. Patient is at risk for pregnancy, and
 - c. Patient is not using a highly reliable method of contraception
 - d. Patient feels any pregnancy conceived in the last five days would be undesirable to continue, and
 - e. Pregnancy test is negative
2. Provide both verbal and written education regarding Plan B to the patient. (see attachment)
 3. Obtain informed consent. Have the patient or patient's legal guardian sign consent.
 4. Inform the patient that her menstrual period should begin within the next 2-3 weeks. She should see her Primary Care Physician and/or Family Planning for a pregnancy test and exam, if no menstruation within 3 weeks after treatment.
 5. Give both Plan B pills in the Emergency Department (ED). Mild nausea may occur, but is uncommon.

1000



ECPPs are for Emergency Use Only

ECPPs are not for use as regular birth control. They are not as effective as regular birth control methods.

If you are having sex, use a regular birth control method (the pill, condoms, the shot, etc.)

ECPPs don't protect you from sexually transmitted infections and AIDS. Condoms are the most effective protection against sexually transmitted infections and AIDS.

How Can I Get ECPPs?

You can get ECPPs from your doctor or clinic, including community clinics or health department clinics.

Call and tell them you need **Emergency Contraceptive Pills.**

If you're not sure where to go, call the:



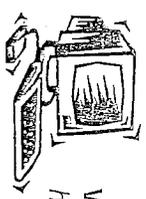
Emergency Contraception Hotline
1-888-668-2528
(1-888-NOT-2-LATE)

English and Spanish are spoken.

The automated hotline is **free, confidential** and open **24 hours** a day. It will tell you where you can go for help.

You can also get more information on the:

World Wide Web
<http://popr.princeton.edu/ec/>



path

PATH is a nonprofit, international organization with headquarters in Seattle, Washington. PATH's mission is to improve health, especially the health of women and children.

This project is supported by the John Merck Fund, the Horizons Foundation, the U.S. Public Health Service, Region X, and the Henry J. Kaiser Family Foundation.

English

Emergency Contraception



It's Not Too Late To Prevent Pregnancy

Scared You're Pregnant?

Consider using Emergency Contraception if you had sex in the last 3 days and:

- you didn't use birth control
- the condom broke
- you were late for your birth control shot
- you missed two or more birth control pills in a row or started your pack late
- you were forced to have sex

Emergency contraception is a way to prevent pregnancy *after* sex. There are two main methods of emergency contraception:

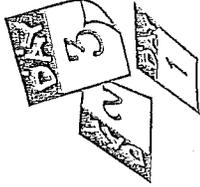
1. Emergency Contraceptive Pills (also known as ECPs or Morning After Pills) used within 3 days after sex, or
 2. IUD (intrauterine device) inserted within 5 days after sex.
- Ask your medical provider for details.

What are Emergency Contraceptive Pills (ECPs)?

ECPs are ordinary birth control pills. They are taken in special doses within 3 days after sex to prevent pregnancy. They reduce your chance of getting pregnant by 75%.

Don't Wait!

To help prevent pregnancy, you must take the Emergency Contraceptive Pills within 3 days (72 hours) after sex.



How Do ECPs Work?

ECPs help prevent pregnancy by:

- temporarily stopping eggs from being released, or
- stopping fertilization, or
- stopping a fertilized egg from attaching to the womb.

ECPs will not work if you are already pregnant. ECPs are not abortion pills.

For information, call the Emergency Contraception Hotline. Free, confidential, 24 hours a day.

1-888-668-2528

(1 - 8 8 8 - N O T - 2 - L A T E)

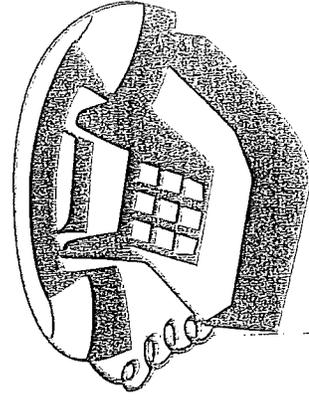
Are They Safe?

The U.S. Food and Drug Administration has stated that ECPs are safe. They can greatly reduce the chance of pregnancy after unprotected sex.

Talk to your medical provider to learn if there is any reason you should not use ECPs.

Are There Side Effects?

ECPs make some women feel sick to their stomach or vomit. Some women may have sore breasts or headaches. These side effects last about one day. ECPs can also cause some women's periods to come a little early or late.



COMMUNITY SEXUAL ASSAULT PROGRAMS

ADWAS
Seattle
(206) 236-3134 TDD

ATVP
Pullman
(509) 332-HELP

ASPEN
Ellensburg
(509) 925-9384

Adams Co. Resource Center
Ritzville
(509) 660-1067

Adams Co. Resource Center
Othello
(509) 488-7791

Children's Response Center
Bellevue
(425) 688-5130

CADA
Oak Harbor
(800) 215-5669

Clark County Sexual Assault Program
Vancouver
(360) 695-0501

Connections
Republic
(509) 775-3132

Crisis Support Network
Naselle
(800) 435-7276

DV/SA of Jefferson County
Port Townsend
(360) 385-5291

DV/SA of San Juan County
Eastsound/Friday Harbor/Lopez
(360) 376-1234

Emergency Support Shelter
Kelso
(360) 636-8471

Family Crisis Network
Newport
(360) 447-LIVE
(800) 548-3313

Family Resource Center
Davenport
(800) 932-0932

Family Support Center
Colville
(509) 684-6139

Forks Abuse Program
Forks
(360) 374-CARE

Beyond Survival
Aberdeen
(888) 626-2640
(360) 533-9751

HCSATS
Seattle
(206) 521-1800

Healthy Families
Port Angeles
(360) 452-4357

Human Response Network
Chehalis
(360) 570-0665 pager

Inland Counseling
Dayton
(509) 382-4039
(800) 382-4039

KCSARC
Renton
(800) 825-7273

Kitsap SA Center
Port Orchard
(360) 479-8500

Lower Valley Crisis
Sunnyside
(509) 837-6689

Center for Advocacy & Personal
Development
Shelton
(888) 341-7922 pager

New Hope
Moses Lake
(888) 560-6027

Programs for Peaceful Living
White Salmon
(800) 866-9372

Providence SA Center
Everett
(425) 252-4800

Rogers Counseling Center
Clarkston
(509) 758-4665

Safeplace
Olympia
(360) 754-6300

SA Center of Pierce Co.
Tacoma
(253) 474-7273
(800) 756-7273

SARC
Kennewick/ Tri-Cities
(888) 846-RAPE

Skagit DV/SA
Mount Vernon
(800) 726-6010

Skamania Co. Council
Stevenson
(877) 427-4210

SPIPA
Shelton
(360) 490-5713

Spokane SA Center
Spokane
(509) 624-RAPE

The Support Center
Omak
(888) 826-3221

Walla Walla YWCA
Walla Walla
(509) 529-9922

Wenatchee Domestic &
Sexual Violence Crisis Center
Wenatchee
(509) 633-1952
(800) 833-6388

Whatcom Crisis Services
Bellingham
(360) 715-1563
(800) 715-1563

Yakima SA Unit
Yakima
(888) 605-6999
(509) 576-4326

List provided courtesy of the Washington Coalition of Sexual Assault Programs (WCSAP).

EMERGENCY CONTRACEPTION

For Victims of Sexual Assault

Emergency Contraception can help prevent pregnancy after sexual assault.

- It is important to start Emergency Contraception promptly.

Some Emergency Contraception options include hormonal pills such as:

- Progestin-only pills (such as Plan B™)
- Estrogen/progestin pills (such as Preven™ or high doses of regular oral contraceptive pills)

**Other options may be available. Talk with your medical provider about the best choice for you.*

Safe and effective.

- Progestin-only pills reduce the risk of pregnancy by 89%.*
- Combined estrogen/progestin pills reduce the risk of pregnancy by 75%.*
- Emergency contraception is not meant to be used as a regular birth control method.

**Pregnancy risk reduction based on one-time use.*

Emergency Contraception Pills are NOT:

- Protection against sexually transmitted diseases, including HIV/AIDS.
- The same as RU-486 (the abortion pill).
- Capable of interrupting an established pregnancy.
- Capable of harming a developing fetus.
- Capable of affecting a woman's ability to become pregnant in the future.

In the case of sexual assault, where can I obtain Emergency Contraception Pills?

- Hospital emergency rooms in Washington State.
- Some pharmacies in Washington State.
- Healthcare providers and Clinics.

**For more information, including participating pharmacies in your area,
call 1-888-NOT-2-LATE (1-888-668-2528)
or visit www.not-2-late.com.**

Note: Some birth control information at 1-888-NOT-2-LATE and www.not-2-late.com may not be condoned by all individual beliefs.