

Client requesting emergency contraception (EC)

- take full contraceptive, sexual and menstrual history, including sexually transmitted infection (STI) risk assessment
- exclude existing pregnancy and medical contra-indications to various EC methods
- check current/recent use of enzyme-inducing drugs
- check whether client has used hormonal emergency contraception (HEC) in this cycle already
- establish:
 - number of episodes of unprotected sexual intercourse (UPSI) in this cycle
 - timing of earliest and most recent UPSI in relation to last menstrual period (LMP)
 - timing of intercourse in relation to incorrect contraception use, including in pill/patch/ring free week
 - earliest possible date of ovulation (=14 days before period, based on shortest possible cycle)
 - timing of earliest and most recent UPSI in relation to earliest possible date of ovulation

PT = Pregnancy test
SPC = Summary of Product Characteristics
STI = sexually transmitted infection
PPI = proton pump inhibitor

