



Emergency Contraception

*Increasing Knowledge, Access and Use
of the Back-up Birth Control Method*



International Consortium for Emergency Contraception

Presentation Outline

- General information about EC
- EC in _____ (your country or your program)
- Resources, materials and contacts



What is Emergency Contraception?

- EC is the only contraceptive method that can be used after unprotected sex to prevent pregnancy.
- EC has been proven to be safe and effective.
- EC has been in use for over 30 years.



EC Methods Available

Three EC methods are available:

- 1) Emergency contraceptive pills (branded products containing the progestin levonorgestrel)
- 2) The Yuzpe method (combined estrogen-progestin oral contraceptive pills taken at higher doses)
- 3) The copper intrauterine device (IUD)



Why is EC Access Critical?

- EC is the only method that can be used after unprotected sex or method failure to prevent pregnancy.
- EC should be taken as soon as possible after unprotected sex.



Why is EC Access Critical? (continued)

- Greater access to EC can lead to reductions in unintended pregnancies and abortions.
- Women have a right to know about EC as a contraceptive option and to know where they can seek services in a timely manner.



Current Access to EC

- Branded EC pill products are registered in 117 countries.
- Oral contraceptives suitable for the Yuzpe regimen are available in all countries.
- Currently, women in 44 developed and developing countries can obtain EC pills directly from a pharmacist without a prescription.



Current Access to EC (continued)

- EC pills are safe for self-administration. (Raymond, Dalebout, Camp, 2002)
- Wider over-the-counter availability of EC pills would make EC more accessible to women.
- Access for most women around the world remains limited.



EC Pill Facts

- Side effects are generally mild.
- Menses should come around the expected time.
- Not intended for regular contraceptive use.
- Does not protect against STIs.



EC Pill Facts (continued)

- All women can use EC pills as an emergency method.
 - There are no absolute contraindications.
 - This includes women with contraindications for use of OCs.
 - EC should be taken as soon as possible after unprotected sex, but is effective for as much as 120 hours. (WHO, 2002)



EC is Safe

- EC is endorsed by the World Health Organization (WHO) and the United States Food and Drug Administration (USFDA).
- Repeat use of EC poses no health risk to women. (WHO, 1998)
- EC does not interfere with an established pregnancy or harm a developing embryo. (Bacic et. al., 1970)



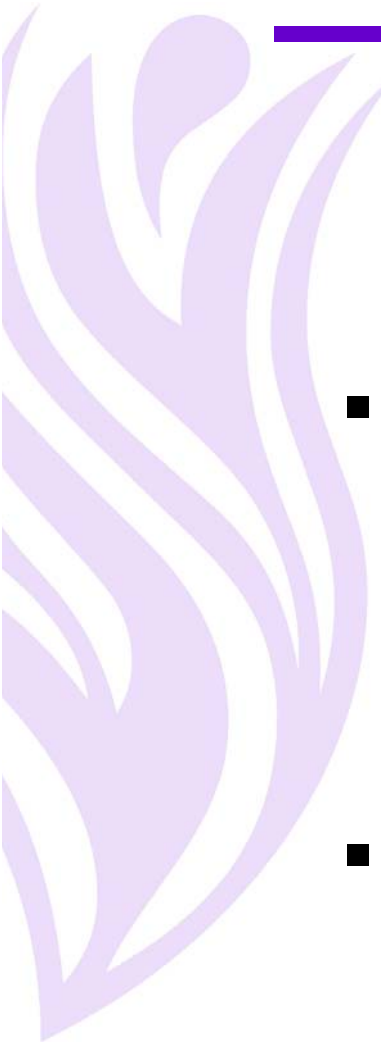
Effect on Contraceptive Behaviors

- Studies indicate that adult and adolescent women who use EC:
 - Do not abandon ongoing contraception
 - Do not engage in unprotected sex more frequently
 - Do not repeat EC use
 - Do not decrease use of condoms

(Glasier & Baird, 1998)



Potential Health Impact of EC



Increased access to EC helped avert an estimated 51,000 abortions in the US in 2000. (Boonstra, 2002)

- Of the 11% decrease of abortions in the US between 1994 and 2000, it was estimated that 43% of this decline could be attributed to EC use. (Jones R, Darroch J, Henshaw S, December 2002)
- A WHO study in China estimated that EC could help reduce abortions by 50%. (WHO, 2001)





Emergency Contraception in

Insert name of country or
program here

The Need for EC

(Insert country-specific information)

- Adolescent pregnancy rate: _____
- Unintended pregnancy rate: _____
- Abortion rate: _____
- Unmet need for contraception: _____
- Maternal mortality of adult vs. adolescent women _____



The Need for EC (continued)

(Insert country-specific information)

- Government expenditures on unintended pregnancy and abortion or post-abortion care: _____
- Birth spacing statistics: _____



Access to EC in [country]

(Insert country-specific information)

- EC is currently available in:
 - [insert here] E.g. pharmacies, non-governmental health clinics
- Conditions for access:
 - [insert] E.g. physician's prescription
- EC is not available to women in:
 - [insert] E.g. public sector health services



EC Can Be Cost-Effective

- EC use results in fewer unintended pregnancies and abortions which can lead to lower medical costs.
- EC, by preventing pregnancy, is another tool in the strategy to reduce maternal-child transmission of HIV/AIDS.



Potential Cost Savings from EC

(Opportunity for country-specific info)

	Cambodia	Peru	Uganda	Ghana
ECP	\$0.25	\$0.25	\$0.25	\$0.25
EC office visit	\$0.51	\$6.67	\$2.21	\$3.17
Induced abortion	\$20.00	\$66.00	\$32.25	\$14.84
Spontaneous abortion	\$5.00	\$53.00	\$33.90	\$14.60
Ectopic pregnancy	\$45.00	\$36.00	\$33.90	\$14.60
Birth	\$30.00	\$81.00	\$37.81	\$19.79

Source: PATH EC Toolkit, http://www.path.org/files/RH_ec_module_b.pdf, p. 8



Recommendations

(Insert your program-specific recommendations here)





Emergency Contraception Resources

Materials and Useful Contacts

Resources: International Consortium for Emergency Contraception

- Policy Statements
- Press Releases
- *Emergency Contraception Medical and Service Delivery Guidelines*
- Links to member organization web sites
- Links to Regional Consortia worldwide
- Listings of emergency contraception pill product availability worldwide
- Case studies on introducing emergency contraception

www.cecinfo.org



Sample Resources: Consortium Members

PATH

- www.path.org
- EC Toolkit at www.path.org/resources/ec_resecpprog-toolkit.htm

The Association of Reproductive Health Professionals

- <http://arhp.org/ec/>

Pacific Institute for Women's Health

- www.piwh.org



Internet Resources

- Not-2-Late: <http://www.not-2-late.com>
- Reproductive Health Technologies Project: <http://www.rhtp.org>
- Back up your Birth Control Campaign: www.backupyourbirthcontrol.org



Review of Key Messages

- EC offers an important “second chance” to prevent unintended pregnancy.
- ECPs are a special formulation of regular OCs at a higher dose, and can be safely self-administered by women.
- EC will not interfere with an established pregnancy.



Review of Key Messages (continued)

- EC is the only method that can be used after unprotected sex to prevent pregnancy.
- EC is safe for women and youth.
- EC use does not decrease condom use.
- Women have a right to information and easy access to all reproductive health services, including EC.



Contact the EC Consortia: International



International Consortium for Emergency
Contraception www.cecinfo.org

Contact: ICEC Coordinator at
info@cecinfo.org



Contact the EC Consortia: Regional

Regional Consortia:

- Africa: ECafriqué John Skibiak (jskibiak@pcnairobi.org)
- Latin America: Latin American Consortium for Emergency Contraception (CLAE/LACEC) Jimmy Telleria (jimmy@cistac.org)
- Asia: Asia Pacific Network for Emergency Contraception (APNEC) Emelina Quintillan (equintillan@piwh.org)
- Arab Region: Angel Foster (afoster@ibisreproductivehealth.org)
- E. Europe/NIS: Svitlana Okromeshko (svitlana@path.org)
- Updated contact information on www.cecinfo.org





Thank you!

(Insert speaker contact information here)

