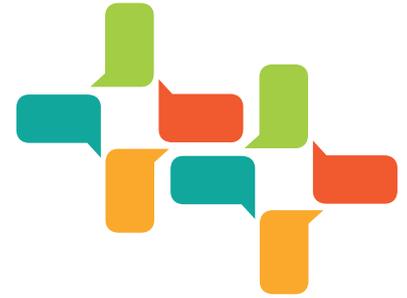


Fact Sheet - Chinese

緊急避孕藥 (ECP)

The Emergency Contraceptive Pill



什麼是緊急避孕藥？

緊急避孕藥或ECP（有時被錯誤地稱為“晨後避孕藥”）

是一種單劑量的稱為左炔諾孕酮的激素（也用在其它一些避孕藥裏）。在無保護的性行為後可以用它降低懷孕的機率，例如以下情況——您沒有使用任何避孕措施，或者您錯過了平時的避孕藥，或者您使用的避孕套在性交時破裂。



緊急避孕藥如何起作用？

緊急避孕藥可以防止或延遲卵巢釋放卵子。如果您服用了緊急避孕藥，您應該繼續使用其它的避孕措施，如複合避孕藥或避孕套，否則您仍然可能懷孕。如果不小心中斷已存在的妊娠，或損害發育中的胚胎或胎兒。

緊急避孕藥是否有任何副作用？

使用緊急避孕藥後的幾天，您可能會出現一些陰道出血。緊急避孕藥是很安全的，使用後不會有嚴重或持久的副作用。有些婦女服用緊急避孕藥後出現月經失調，少數人可能出現惡心、乳房脹痛。如果您在服用一劑量的緊急避孕藥後兩小時之內出現嘔吐，您應該再服用一劑量。

緊急避孕藥的效果如何呢？

在無保護的性行為後的第一個24小時內服用緊急避孕藥是最有效的。在無保護的性行為後的三天內服用緊急避孕藥，可以防止約85%的預期懷孕。幾個星期後，您可能需要做一次後續的妊娠測試，以確保您沒有懷孕。

如何服用緊急避孕藥？

在無保護的性行為後，越早服用，緊急避孕藥就越有效。在無保護的性行為後的第一個24小時內服用是最有效的。但是，在120小時（5天）內都可以服用。在一個周期內服用緊急避孕藥多於一次是安全的。

您的下一次月經應該在什麼時候到來？

大多數婦女會在大概的預期時間出現月經。

如果您的月經來遲了怎麼辦？

如果您的月經來遲的時間超過一個星期，您應該做一個妊娠測試，並聯系您的醫生或Talkline，尋求意見。

在哪裏可以購買緊急避孕藥？

您可以在藥房購買緊急避孕藥，不需要醫生處方。價格大約是\$20-\$30。藥劑師可能會問您幾個問題，以確保您可以安全服用此藥。新南威爾士州家庭生育計劃診所也提供此藥。

欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務（NRS，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

www.fpnsw.org.au | talkline 1300 658 886 | 書店

臨床服務及信息 | 教育培訓 | 科研 | 國際動態

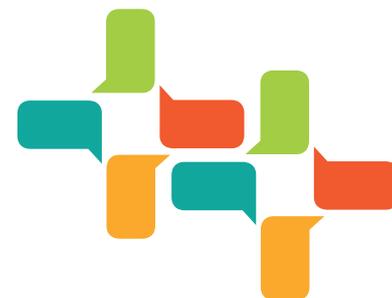
新南威爾士州家庭生育計劃協會（Family Planning NSW）是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

Fact Sheet - English

THE EMERGENCY CONTRACEPTIVE PILL (ECP)



What Is The Emergency Contraceptive Pill?

The emergency contraceptive pill or ECP (sometimes wrongly called the 'morning after pill') is a single dose of a hormone called levonorgestrel (also used in some contraceptive pills). You can take it to reduce the chance of getting pregnant after having unprotected sex, for example, if you did not use any contraception, if you missed your usual contraceptive pill, or you used a condom that broke during sex.



How Does It Work?

The emergency pill can prevent or delay the release of an egg from a woman's ovaries. If you use the emergency pill, you should keep on using other contraception, e.g. the Pill or condoms or you could still become pregnant. The emergency pill does not interrupt an established pregnancy, or harm a developing embryo or fetus if it is accidentally taken early in pregnancy.

Are There Any Side Effects?

You might have some vaginal bleeding a few days after using the emergency pill.

The emergency pill is very safe to use with no serious or long-lasting side-effects. Some women have experienced an irregular period after taking the emergency pill and a few may have nausea or breast tenderness. If you have vomiting less than two hours after you take a dose of emergency contraception you should take another dose.

How Effective Is it?

The emergency pill is most effective when taken in the first 24 hours after unprotected sex. If taken within three days of unprotected intercourse the emergency pill will prevent approximately 85% of expected pregnancies. You may need to have a follow-up pregnancy test to make sure you are not pregnant, in a few weeks.

How Do You Take It?

Emergency contraception is more effective the sooner you take it after unprotected sex. It is most effective if taken within 24 hours of unprotected sex. However it can still be used up to 120 hours (five days). It is safe to use the emergency pill more than once in a cycle.

When Should You Get Your Next Period?

Most women have a period at about the expected time.

What If Your Period Is Late?

If your period is more than a week late, you should do a pregnancy test and contact your doctor or Talkline for advice.

Where Can I Get The Emergency Pill?

You can get the emergency contraceptive pill from pharmacies without a doctor's prescription. It costs about \$20-\$30. The pharmacist may ask you a few questions to be sure that it is safe for you to take this medication. It is also available from Family Planning NSW clinics.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNWSW 06/14

The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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