

## Fact Sheet - Dinka

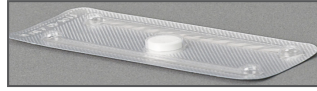
# PIL GËL LIËNY CUÖŊ NYANTIK (ECP)

The Emergency Contraceptive Pill (ECP)



### Pil Gël Liëny Cuöŋ Nyantik Ye Kë Yindä?

Pil gël liëny cuöŋ nyantik wälä ECP (ku a leŋ kooç ye kuöç coöl alä ke pil nhiäknhiäk tē cī tik rōm



ke moc wēnakōu) ee wäl leŋ yic yōrmon cōl lebonorjethterel ye dek kēn yic tōk (ku yeen aya a ye tāäu piil kōk gël liëc yiic). A lēu ba dek bīn liëc gël tē cīn tōc ke moc ka yī kēc rot tiit liëc, cēmēn, tē cīn yen piil cīn rot tiit, tē cīn nhom māār piil kuun dhie wälä tē cī kondom yic pāt ka yī tōc ke moc.

### Ye Luui Kadä?

Pil gël liëny cuöŋ nyantik a lēu bē liëc gël wälä a lēu bē tuoŋ gööu bē cī loc löny. Na dek pil gël liëny cuöŋ yīn, ka yī ŋuot yī loi kōk theer dhie liëc gël Pil wälä kondom rin natekdä ka lēu ba liëc. Pil gël liëny cuöŋ yīn a ce manh ca yōk wēntheer thāār bei tē cōk yīn ye ben dek ka yī cē meth yōk.

### Leŋ Kē Lēu Bē Wäac?

Na dek pil gël liëny cuöŋ ka wanh du a lēu bē yic kuēr tē nīn renreç wan.

Pil gël liëny cuöŋ a cīn kē ye rac guöp yic ku a cīn tuany ye nyāŋ raan guöp. Diāār kōk aa ye thēk den ye yic wäac tē cī kek dek pil gël liëny cuöŋ ku diāār kōk aa lēu bīk yōk alōöt wälä rem ke nyōth. Na ŋōk ka thāāt ka rou kēc tuōöm tēn dek yīn pil gël liëny cuöŋ yīn, ka yī dek dēt.

### Ye Diëc Luui Kadä?

Pil gël liëny cuöŋ ee ŋieç luui tē dek yeen thāāt ka 24 yiic tēn tēëc nyantik ke moc ka kēc rot tiit liëc. Na dek nīn ka diäk yiic tēn tēëc nyantik ke moc ka kēc rot tiit liëc, ka lēu bē liëc gël tēn tik 85 buōotic. Na cē wiik lik wan, ka path ba rot them ba tiŋ lon cīn liëc.

### Ye Dek Kadä?

Pil gël liëny cuöŋ yīn ee ŋieç luui tē loc ye dek nyinic tē wēn puoc nyantik tōc ke moc ka kēc rot tiit liëc. Kekēdāŋ, a lēu ba ŋuot dek kaam thāā 120 yic (nīn ka dhiëc). Na dek pil gël liëny cuöŋ yīn arak juāac thēk tōk yic ka ŋuot cīn kē rac.

### Ye Nen Bī Thēk Du Ben Bēn?

Diāār juāac aa thēk kaam deen theer dhie yekā ŋōōth.

### Dō Bē Rot Looi Tē Gēū Thēk Du?

Na cē thēk du gāau wiek tōk, ka yī them rot ba tiŋ lon cīn liëc ku jaam kek akiēm du wälä kooç lon Talkline rin bē yī wēēt.

### Ba Pil Gël Liëny Cuöŋ Yeçnyōk Tēno?

A lēu ba pil gël liëny cuöŋ nyantik yōk dukāan wal yiic ka kēc akīm gāt yīn. A ye çooç \$20-\$30. Raan lui dukān wal yic a bī thiëc kā lik rin bē ŋic lon peth yen ke yīn. Aya, pil kēn a lēu ba yōk Bēēyakīm ē Guiēr Macthok NSW yiic.

### Na wīc ba lēk kōk yōk

- Jaam kek aguir ē Guiēr ē Macthok NSW telepun ē jam 1300 658 886 wälä nem lōkayukar: [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (raan cīn ye yic) 133 677
- Wälä lōç Panakim ē Guiēr ē Macthok tōu akeunhom

[www.fpnsw.org.au](http://www.fpnsw.org.au) | telepun ē jam 1300 658 886 | dukān athōr

loilooi ē kīim & lēk | piōōc & nyuuth | jāc | guiēr ē pinynhom

Aguir ē Guiēr ē Macthok NSW a ce wēū luōōi bīk dhiēt ku wēū keen yen luui aa bēn tēn Amathhōm ē Pialguöp NSW

Lēk tōu athōr kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ē FNPNSW a cē kē riëc ebēn guir rin bē lēk kēn ya lēk la cōk ku tēu nyien kōōl wāār gēt yeen. Na leŋ raan diëer alōŋ tē deen bī yen dhiēt thīn wälä alōŋ tē deen bī yen pial thīn tē tēëc yen ke moc/ tik, ka yeen apath bē la tēn akiēm de bē yeen la wēēt ku kony yeen; tēdā ka lēu bē la Panakim ē Guiēr Macthok.

Beric: Pendhētem 2014/FPNSW 06/14

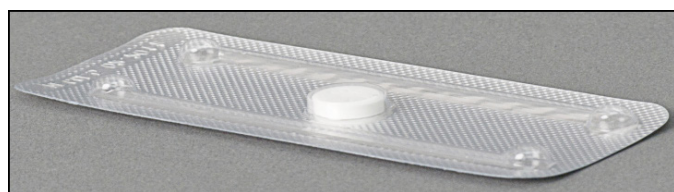
## Fact Sheet - English

# 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](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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

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