

Now That You've Purchased Emergency Contraception

Individuals purchase Emergency Contraception (EC) for a variety of reasons, including contraceptive failure and unplanned sex. Below is some important information that may apply to you, or to someone you know (e.g., your partner or friend). Please read.

Instructions

- As soon as possible after unprotected sex, take one pill by mouth, followed by one pill in 12 hours.
- Remember: *EC is most effective if taken within 24 hours of unprotected intercourse.* The manufacturer's instructions encourage that pills be started within 72 hrs. for maximum effectiveness; however EC can be taken up to 5 days (120 hrs.) after intercourse with some benefit. *The longer the interval between unprotected intercourse and EC, the less effective it will be.*
- Some women experience minor side effects like nausea. *If you vomit within one hour of taking either dose, call Gannett (255-5155).* Although not a serious health threat, the nurse may recommend that you repeat the dose.
- Some women experience a change in their menstrual cycle after the use of Emergency Contraception. However, *if you do not get your period within three*

weeks of taking EC, a pregnancy test is recommended.

Considerations

- EC is a safe option for nearly all women who have had unprotected sex with a man and who do not want to become pregnant.
- EC does not protect against sexually transmitted infections (STI).
- EC will not protect from pregnancy in the event of *future* unprotected sex.
- If you do not already use regular birth control (e.g., oral contraceptive pills, condoms, NuvaRing, etc.) and you are sexually active with men, you may want to consider talking with a Gannett clinical counselor or nurse about birth control options. Consider making a free appointment to help you decide what might work best for you (255-5155). Non-prescription birth control and safer sex supplies (e.g., condoms, spermicides) are available for purchase at the Gannett Pharmacy.

Unwanted or forced sexual contact

If the need for EC is due to an unwanted or forced sexual encounter, we are available to talk with you, provide care, and offer support.

- Gannett staff members are available by phone 24 hrs. a day to provide information to survivors of sexual assault. We can offer confidential medical care and advocacy services to help you decide what you need, and what support networks would be most helpful.
- You may benefit from being examined for physical injury and disease after an assault. Post-assault medical treatment and support are available at Gannett by calling 255-5155.
- If there is any chance you may consider criminal action or *want to keep that option open*, seek medical care at Cayuga Medical Center (CMC), located at 101 Dates Drive in Ithaca, as soon as possible. *(If seeking this care immediately,*

do not bathe, shower, douche or change clothes before you go.) The Sexual Assault Nurse Examiner (SANE) Program at CMC provides specially-trained nurses who offer care and treatment to survivors of assault. To access the SANE Program, call the Advocacy Center's 24 hr. hotline (277-5000) or call the CMC Emergency Department (274-4411) before leaving for CMC.

- Cornell's Victim Advocate can offer support, resources, judicial and legal information, and help with academic pressures. The service is free and confidential. Call 255-1212 to schedule an appointment.
- Post-assault counseling services are available through Gannett's Counseling and Psychological Services (255-5208) or after hours at 255-5155.
- You can find further information about sexual assault at Gannett's website: www.gannett.cornell.edu

Alcohol and EC

If your use of alcohol or other drugs played a role in your need for EC and you would like to explore your use in a non-judgmental, supportive setting, call Deborah Lewis at Gannett (255-0033) for a free and confidential appointment.

For more information

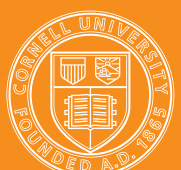
- Read the booklet included in the EC package for more detailed information.
- Visit the following websites:
www.go2planb.com
ec.princeton.edu/info/ecp.html

Fall and Spring Semester Hours:

Monday-Friday	8:30 am-5:00 pm
Saturday	10:00 am-4:00pm
Sunday	building closed

Check the web for hours during breaks, winter and summer sessions: www.gannett.cornell.edu

e-mail: gannett@cornell.edu
fax: 607-255-0269
Ho Plaza, Ithaca, NY 14853-3101



This is fake copy. Please use the guidelines that were provided for the type style and sizes. Gannett is committed to providing quality health services to all members of the Cornell community who rely on our services. We depend on our patients, clients, and other users of Gannett to communicate with us about their needs, concerns, suggestions, complaints, and praise as we strive to improve our services to individuals and to this community.

At Gannett, all of our staff members understand ourselves to be partners with patients, clients, and other users of our services and advocates for their care, recovery, and health. We hope everyone who uses our services will ask questions, state needs, express concerns or problems, and offer feedback to any staff person involved in their care or in administrative processes connected with their visit. (See Patient/Client Rights and Responsibilities.)

We will do our best to address your concerns in as timely a fashion as possible.

Patient Advocates are Gannett staff members who are available to work with patients, clients, or other users of Gannett who have questions, needs, concerns, or problems that were not or could not be addressed with staff members directly involved in the person's visit. Patient Advocates may be helpful in situations where:

- a concern did not become evident until after the visit
- the person has a concern, but does not know with whom to talk
- a person needs a "third party" to hear or to help them communicate a concern
- a person wants to ask a question, make a suggestion, register a complaint, offer feedback
- a Gannett staff member identifies a situation in which a Patient Advocate might be able to answer a question, address a concern, or facilitate a conversation that would be helpful to a patient
- a staff or faculty member, coach, friend, parent or other family member wants to help facilitate care for a student, ask a question, make a suggestion, register a complaint, or offer feedback about our services

Contact a Patient Advocate

To make a face-to-face or phone appointment with a Gannett Patient Advocate to discuss any questions, concerns, or comments about your health care, call 607 255-3564 or visit Level 5 of Gannett.

If you prefer, you may e-mail the Patient Advocate.

Office of the University Ombudsman

We hope you will talk with us, but the most important thing is that you be able to talk with someone about your concerns and needs. If you would be more comfortable, or if we are unable to address or resolve your concerns in a way that is satisfactory to you, you might wish to contact the Office of the University Ombudsman by phone (607 255-4321) or e-mail. Its services are independent of the university administration and are confidential.