

HOPE

resource center

2700 Painter Avenue
Knoxville, TN 37919
865-525-4673

823 Melrose Avenue
Knoxville, TN 37916
865-251-4673

112 Kingston Street
Lenoir City, TN 37771
865-986-7734

www.hoperc.org

What is the Morning After Pill?

Also called emergency contraception, the Morning after Pill (MAP) is a high dose of estrogen and/or progestin, which are the same hormones found in birth control pills.*

*These medications must be prescribed by a healthcare provider in most states, including Tennessee

REFERENCES:

Food and Drug Administration
www.fda.gov

Journal of the American
Medical Women's Association.
Jamwa.amwa-doc.org/vol153/toc53_5.html

Youngkin, E.Q. & Davis, M.S.,
*Women's Health; A Primary
Care Clinical Guide*, 2nd
Edition, 1998, pp. 185186

This is not intended to be a complete explanation of the MAP. Other issues exist, especially as related to your own health. Please contact a medical provider for more information.

HOW DOES THE MAP WORK?

There are several theories of exactly how the MAP stops pregnancy. The three most widely believed by researchers are:

1. Ovulation is inhibited (the egg is not released from the ovary).
2. The menstrual cycle is altered, delaying ovulations.
3. The lining of the uterus is thinned or irritated making implantation of a fertilized egg less likely.

ARE THERE SIDE EFFECTS WITH THE MAP?

The most common complaints are nausea, vomiting and other gastrointestinal disturbances. Menstrual cycle changes may occur, such as early spotting or delayed menstruation. Breast tenderness may also occur.

More serious risks are similar to those associated with birth control pills. These risks include blood clots, headaches and mood changes.

Long term effects of these medications have not been established.

HOW EFFECTIVE IS THE MAP?

If taken within 72 hours after the unprotected sexual act, chance of pregnancy is reduced by 75% during the second and third week of the menstrual cycle. Taken after 72 hours, the MAP is substantially less effective.

CAN THE MAP BE A KIND OF ABORTION?

YES! It is important to understand that the MAP has the potential to prevent a fertilized egg from implanting in the uterus. A fertilized egg only needs an environment to grow and time to develop. Preventing these two factors essentially ends the life of the baby. Under these circumstances, the MAP causes a very, very early abortion.

If you are already pregnant, the MAP will not end that pregnancy. If there is any chance you may be pregnant, a pregnancy test should be taken before using the MAP.

IF I CHOOSE THE MAP, WHAT ISSUES SHOULD I KNOW ABOUT?

1. The MAP is not even as effective as the birth control pill. Consider what your plans will be if you become pregnant despite using the MAP.
2. It is common for the MAP to alter your menstrual cycle. If you do not start your period when you should, you need to take a pregnancy test.
3. The MAP does not protect against STDs. A full STD screening is recommended.
4. A tubal, or ectopic, pregnancy is not treated by the MAP. If you have signs of an ectopic pregnancy, you must seek medical attention immediately.
5. If you are participating in any risky sexual behaviors, the MAP will not protect you from long-term effects of your choices. Consider methods of protecting yourself from a series of similar situations. Our counselors would be happy to discuss healthy alternatives with you.