



**Pharmacy Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

## Pharmacy Assessment Record (PAR) Emergency Contraception

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Age<sup>1</sup>: \_\_\_\_\_ Weight<sup>2</sup>: \_\_\_\_\_ Date of last menstrual period<sup>3</sup>: \_\_\_\_\_

Time since unprotected intercourse<sup>4</sup>: \_\_\_\_\_

Medication profile<sup>5</sup>:  
Currently taking  
 Enzyme-inducing medication  
 St. John's wort

Emergency Contraception provided?	Name of product:
<input type="checkbox"/> Yes <input type="checkbox"/> No	Quantity:
	Directions:

Education provided:	Other Issues (If applicable):
<input type="checkbox"/> Directions for use	<input type="checkbox"/> Ongoing contraception <sup>7</sup>
<input type="checkbox"/> Effectiveness information	<input type="checkbox"/> STI counselling <sup>8</sup>
<input type="checkbox"/> Pregnancy test if period does not start within 3 weeks	<input type="checkbox"/> Further reporting required <sup>9</sup>
<input type="checkbox"/> Side effect information <sup>6</sup>	

Pharmacist Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

Would you like us to notify your physician that you received this medication?      Name of physician (if patient consents):

Yes     No      Contact information: \_\_\_\_\_

## Supplemental Information for PAR

1. Age – Is the patient a minor? This is not a reason to withhold treatment but if a patient, who is a minor, requesting emergency contraception discloses that unwanted sexual activity has occurred, the pharmacist is compelled by *The Emergency Protection for Victims of Child Sexual Abuse and Exploitation Act* and *The Child and Family Services Act* to report the incident to a proper authority such as a police officer.
2. Weight – Does the patient weigh more than 165 pounds (75 kg)? Treatment should not be withheld, however they should be informed that copper IUDs are recommended as the most effective emergency contraception for women in their weight category. Health Canada has issued a warning that levonorgestrel emergency contraception products are less effective in women weighing 165 to 176 pounds (75-80 kg) and are not effective in women over 176 pounds (80 kg).
3. Date of last menstrual period – To help rule out existing pregnancy.
4. Time since unprotected intercourse – Levonorgestrel is effective in preventing about 50 % of pregnancies if taken within 72 hours and ulipristal is effective in preventing about 64 % of pregnancies  $\leq$  24 hours up to 5 days after intercourse. Copper IUDs are over 99 % effective up to 7 days post-intercourse.
5. Medication profile – Check for interactions: carbamazepine, modafinil, phenytoin, protease inhibitors, phenobarbital, St. John's wort, topiramate may decrease levonorgestrel serum concentrations. Treatment should not be withheld but patients should be informed that levonorgestrel emergency contraception may be less effective. Copper IUDs could be recommended in this situation as well.
6. Side effects – Uncommon with levonorgestrel products: nausea/vomiting, lower abdominal pain, dizziness, fatigue, headache, breast tenderness. Anti-emetics are usually not necessary.
7. Ongoing contraception
  - Combination hormonal method (oral, patch, vaginal ring) – Start new pack/product the day after emergency contraception. Abstain or use back-up method for 7 days
  - Progestin-only pill – Continue the day after emergency contraception. Abstain or use back-up method for 48 hours.
  - Barrier method – with next sexual intercourse. Emergency contraception does not provide ongoing protection.
8. Sexually transmitted infection – Emergency contraception provides no protection against sexually transmitted infections. If appropriate, refer patient to an STI clinic.
9. Reporting required – for example, suspected sexual assault of a minor; other person HIV, Hep B/C, etc. positive and more testing would be required.

*Adapted from SCP Emergency Post-coital Contraception Standards and Guidelines for Pharmacists Prescribing 2003  
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November, 2017*

### Suggested Reading:

1. Emergency Contraception. SOGC Clinical Practice Guideline 2012. Available at <http://sogc.org/clinical-practice-guidelines/>.
2. Emergency Contraception – Contraception. In RxTx Minor Ailments. Available at [www.etherapeutics.ca](http://www.etherapeutics.ca) (by subscription) or [www.shirp.ca](http://www.shirp.ca).
3. Emergency Postcoital Contraception – Contraception. In RxTx Compendium of Therapeutic Choices. Available at [www.etherapeutics.ca](http://www.etherapeutics.ca) (by subscription) or [www.shirp.ca](http://www.shirp.ca).