



Pharmacy Council – St. Lucia

Emergency Contraception Guidelines for Pharmacists

What is emergency contraception (also known as “the morning-after pill”)?

- ✓ Emergency contraception (EC) prevents pregnancy; EC will not disrupt an existing pregnancy.
- ✓ EC pills that contain the progestin hormone, levonorgestrel (LNG), are sold under several names, including: Optinor® (2 pills of levonorgestrel 0.75mg), Postinor-2® (2 pills of levonorgestrel 0.75mg), Pregnon® (2 pills of levonorgestrel 0.75mg), I-pill® (levonorgestrel 1.5mg), Postpone-72® (levonorgestrel 1.5mg), Nowill® (levonorgestrel 1.5mg).
- ✓ EC in Pharmacy Act Cap. 11.21 is listed as Pharmacist Assisted and Prescription Only.
- ✓ EC pills that contain ulipristal acetate under the brand name ellaOne® are Prescription Only.
- ✓ All EC works best when taken as soon as possible after unprotected sex but may be effective up to 5 days after.
- ✓ EC is safe for women of all ages to use.

What are the restrictions for purchasing EC?

- ✓ Clients can purchase EC with a prescription or simply ask the pharmacist for it.
- ✓ No identification is required for purchasing EC.
- ✓ EC can be purchased by a man or woman over the age of 18 years.
- ✓ There is no limit on the number of packages that a person can purchase.

Where can EC be found within pharmacies and health centres?

- ✓ EC can be sold directly from the Pharmacist at any registered Pharmacy or from the Pharmacist or Nurse at a Health Centre.
- ✓ Pharmacies have an important role to play in helping women prevent unintended pregnancy by maintaining a stock of easily accessible EC on the shelf at all times.

Can men purchase EC?

Yes, men can purchase EC. There are no sex/gender restrictions on the sale of any drug.

Counselling

When providing advice, maintain the client's confidentiality, privacy and dignity.

What can I do if my pharmacy or health facility doesn't stock EC?

- ✓ If you are the person who makes stocking decisions, you can make space for EC in the family planning section.
- ✓ Share these guidelines with your management and encourage them to stock EC.
- ✓ If you cannot fulfil a client's request for EC, please refer them to the nearest pharmacy or health centre with a stock of EC.