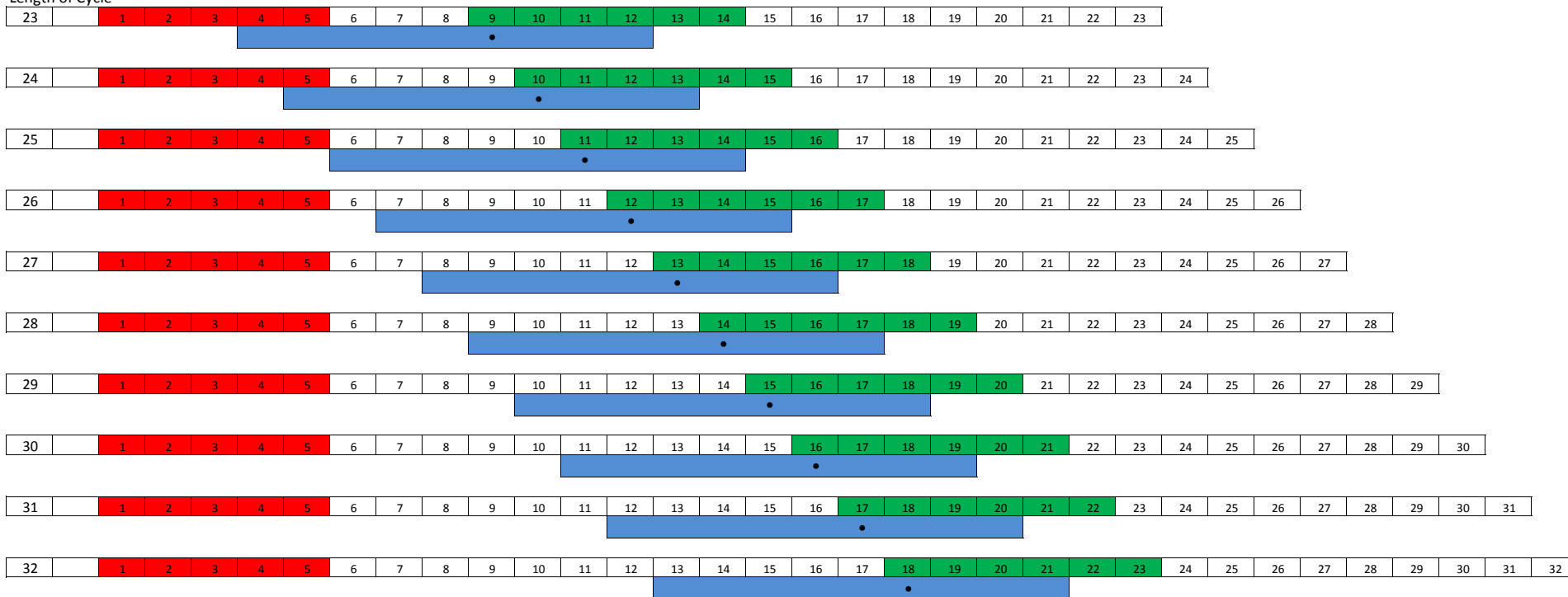


## The Menstrual Cycle related to the provision of Emergency Contraception

In women with variable cycle lengths, calculations should be based on the shortest cycle length

Length of Cycle



- Menstruation
- High risk of Pregnancy, use UPA as EHC if clinically appropriate
- Ovulation
- IUD Can be fitted as Emergency Contraception

For cycles in excess of 32 days or less than 23 days see table overleaf.

## The Menstrual Cycle related to the provision of Emergency Contraception

|   |                                                                  |
|---|------------------------------------------------------------------|
|   | High risk of Pregnancy, use UPA as EHC if clinically appropriate |
| . | Ovulation                                                        |
|   | IUD Can be fitted as Emergency Contraception                     |

| Cycle length | Day of Ovulation | High Risk of pregnancy Days | IUD fitting start day | IUD Fitting End Day |
|--------------|------------------|-----------------------------|-----------------------|---------------------|
| 19           | 5                | 1 to 8                      | 5                     | 10                  |
| 20           | 6                | 1 to 9                      | 6                     | 11                  |
| 21           | 7                | 2 to 10                     | 7                     | 12                  |
| 22           | 8                | 3 to 11                     | 8                     | 13                  |
| 23           | 9                | 4 to 12                     | 9                     | 14                  |
| 24           | 10               | 5 to 13                     | 10                    | 15                  |
| 25           | 11               | 6 to 14                     | 11                    | 16                  |
| 26           | 12               | 7 to 15                     | 12                    | 17                  |
| 27           | 13               | 8 to 16                     | 13                    | 18                  |
| 28           | 14               | 9 to 17                     | 14                    | 19                  |
| 29           | 15               | 10 to 18                    | 15                    | 20                  |
| 30           | 16               | 11 to 19                    | 16                    | 21                  |
| 31           | 17               | 12 to 20                    | 17                    | 22                  |
| 32           | 18               | 13 to 21                    | 18                    | 23                  |
| 33           | 19               | 14 to 22                    | 19                    | 24                  |
| 34           | 20               | 15 to 23                    | 20                    | 25                  |
| 35           | 21               | 16 to 24                    | 21                    | 26                  |
| 36           | 22               | 17 to 25                    | 22                    | 27                  |
| 37           | 23               | 18 to 26                    | 23                    | 28                  |
| 38           | 24               | 19 to 27                    | 24                    | 29                  |
| 39           | 25               | 20 to 28                    | 25                    | 30                  |
| 40           | 26               | 21 to 29                    | 26                    | 31                  |
| 41           | 27               | 22 to 30                    | 27                    | 32                  |