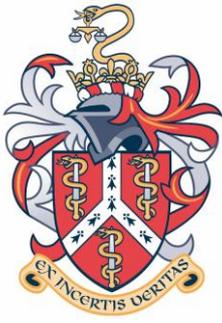


Fact Sheet



# What Happens Now?

*Doctor or nurse to complete and delete irrelevant information*

## Medical aftercare

This leaflet is about the services which are now available to you. Some of the information in the leaflet may not be relevant to you – the doctor or nurse who has examined you will show you which sections you should read and which sections you can ignore.

Name of doctor or nurse who has examined you:

\_\_\_\_\_

Name of Special Trained Officer (STO):

\_\_\_\_\_

Name of Crisis Worker:

\_\_\_\_\_

Name of Independent Sexual Violence Adviser (ISVA):

\_\_\_\_\_

Date:

\_\_\_\_\_

## Sexual Health

Research has shown that the chance of a sexually transmitted infection being passed to you during a sexual assault is low. The doctor or nurse will talk to you about the risk in your case, and any available preventative medication. In addition, because some infections might not cause you any discomfort or discharge, you are advised to:

*(delete as necessary)*

- a.  visit a sexual health clinic within \_\_\_\_ hours/days (also called a genitourinary medicine clinic).
- b.  revisit this centre to have some special tests done in approximately \_\_\_\_ days (*doctor or nurse to insert no. of days*).
- c.  complete the course of medication that the doctor or nurse has given you to prevent some sexually transmitted infections.

The forensic swabs taken today cannot be used to check for infection.

At the sexual health clinic you will meet a health adviser/counsellor who will offer you advice and support. You will also meet a doctor or nurse who will ask you about any medical problems and perform an examination during which some samples will be taken; sometimes you may be able to 'self test' at the clinic. These samples may consist of swabs, blood tests and urine tests. Some of the results will be available the same day but others have to be sent to the laboratory and will take about two weeks to come back. Therefore, although you may be given treatment at your first visit, you will also be given another appointment for the other results to discuss whether more samples are necessary.

Please do not hesitate to ask any questions that you have (it might help you to write these down as they occur to you) and remember you can arrange to see the health adviser/counsellor at any time for support or advice even if you decide not to have any samples taken.

Your local sexual health clinic is:

\_\_\_\_\_  
\_\_\_\_\_

Telephone number: \_\_\_\_\_

- a.  Please telephone this number to make an appointment. The STO/Crisis Worker/ISVA will make the initial appointment for you.

- b.  An appointment has been made for you:

on \_\_\_\_\_

at \_\_\_\_\_

Please take the letter I have provided with you when you attend.

- c.  A letter has been sent (with your agreement) to the clinic and they will send you an appointment.

*NB doctor or nurse to delete irrelevant information*

## Emergency Contraception

In the UK, there are three methods of emergency contraception. The doctor or nurse will discuss whether you may need this and advise you which method is the most appropriate for you. It is important to tell the doctor or nurse if you are taking any other medicines, in case these may interfere with the effectiveness of emergency contraception.

### Method 1 – progesterone only emergency contraception (POEC), levonorgestrel, (Levonelle®)

Take the tablet as soon as possible; it works best the sooner it is taken, but should be taken within 72 hours (3 days), (and perhaps later, but only after medical advice).

The pill works either by stopping an egg being released (ovulation) or by stopping an egg settling in the womb (implanting). It does not always work, so if you do not have a normal period within three weeks you will need to attend your GP or a contraception/sexual health clinic to check that you are not pregnant.

Rarely the pill may make you feel or be sick. If you actually vomit within 2 hours of taking the pill you may need another pill or other treatment. If this occurs please contact your G.P. or a contraception/sexual health clinic for advice.

### Method 2 – a selective progesterone receptor modulator, (SPRM), ulipristal acetate (ellaOne®)

This tablet works mainly by preventing or delaying the release of the egg from the ovary (ovulation) and depending on the circumstances can be used up to 5 days after sexual intercourse. The doctor or nurse will discuss whether this method is appropriate for you.

### Method 3 – the copper IUD ('coil')

A copper intra-uterine contraceptive device (IUD) can be fitted into your womb within 5 days of sex, or as otherwise advised by the doctor or nurse.

This method works either by stopping an egg being fertilised or stopping an egg settling in the womb. It is very effective (almost 100%).

You have been given an appointment/advised to attend  
(delete as appropriate)

on \_\_\_\_\_

at \_\_\_\_\_

to discuss this method further.

An ectopic/tubal pregnancy (a pregnancy in the wrong place) is a rare but serious occurrence. This is actually more likely if you do not use emergency contraception but may occur if emergency contraception fails. If you get severe pain in the lower abdomen you should seek urgent medical attention or go to the nearest Accident and Emergency Department and tell them what happened and the treatment received.

## Advice and Support

An individual's response to a sexual assault is very variable. Some people may feel better if they talk about what has happened to them. Although families and friends may be able to listen to and support you, you may get additional or alternative help from a trained counsellor.

This special help is available from: *(insert ISVA/counsellor/clinic)*

\_\_\_\_\_

Telephone number:

\_\_\_\_\_

a.  Please telephone this number to make an appointment. The STO/Crisis Worker/ISVA will make the initial appointment for you.

b.  An appointment has been made for you:

on \_\_\_\_\_

at \_\_\_\_\_

Please take the letter I have provided with you when you attend.

c.  A letter has been sent (with your agreement) to the ISVA/counselor/clinic and they will send you an appointment.

*NB doctor or nurse to delete irrelevant information*

There may also be help available from Victim Support. With your permission the police chaperone will pass your details to your local Victim Support scheme and a trained individual from that scheme will contact you to offer to visit. Victim Support has considerable experience in giving advice and support with cases being investigated by the police.

All the services mentioned above are provided free of charge.