ARCHIVED 29 JANUARY 2026

Faculty of Forensic & Legal Medicine

What happens now?

May 2022 Review date May 2025 – check www.fflm.ac.uk for latest update

Doctor or nurse to complete and delete irrelevant information

Medical Aftercare

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

Date: _____

Name of SARC and unique SARC reference number:

_____

SARC telephone number: _____

Name of doctor or nurse who examined you:

_____

Name of Specially Trained Police Officer (e.g. STO, SOLO, SOIT): _____

Contact details: _____

Crime Report/Reference Number:

_____

Name of Crisis Worker:

_____

Name of Independent Sexual Violence Adviser (ISVA) or Service to which a referral will be made and contact details:

_____

Emergency Contraception

In the UK, three methods of emergency contraception (EC) are available. The doctor or nurse will discuss whether you may need this and advise you which method is the most appropriate for you. In order to do so, they may ask you questions about your periods, what contraception you may have used and when, and whether it is 'in date', or if any pills have been missed, and if there has been any other recent sexual intercourse. A pregnancy test may be suggested before you are given any EC. It is important to tell the doctor or nurse if you are taking any other medicines or have any allergies, in case these may interfere with the effectiveness of EC.

Method 1 - progesterone only emergency contraception (POEC), levonorgestrel (LNG-EC)

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

It works by stopping an egg being released (ovulation). The pill may make you feel or be sick. If you actually vomit within 3 hours of taking it, you may need another tablet or other treatment. If this occurs, please contact the SARC, a pharmacist, your GP, or a contraception/sexual health clinic for advice, as soon as possible.

In certain situations the doctor or nurse may need to double the dose e.g. if you are or have been taking some medicines (within the last 28 days), which may interfere with how the EC works; if your weight or body mass index (BMI) is above a certain level.

Method 2 - selective progesterone receptor modulator (SPRM), ulipristal acetate (UPA-EC)

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. If you vomit within 3 hours of taking it, seek advice from the SARC, or pharmacist, GP or clinic as soon as possible.

For both types of oral EC, the doctor or nurse will advise you what to do about your usual method of contraception, if appropriate.

The effectiveness of oral EC tablets can vary and the doctor or nurse will explain why they have advised a particular method.

Method 3 - the copper IUD ('coil' or Cu-IUD)

A copper intra-uterine contraceptive device (Cu-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%).

If you decide to have a Cu-IUD, the doctor or nurse may suggest taking oral EC, first, in case there might be a delay in having the Cu-IUD fitted.

The doctor or nurse will contact the clinic and ask them to contact you, or you have been given an appointment/advised to attend: (delete as appropriate)

on: _____

at: _____

to discuss this method further.

EC does not always work, so if you do not have a normal period within three weeks, you should attend your GP or a sexual health clinic to check you are not pregnant. Sometimes, a pregnancy can occur in the wrong place, outside the womb, this is called an ectopic pregnancy, and it can occur if EC does not work.

ARCHIVED 29 JANUARY 2026

It is an uncommon but serious condition; so if your period is late or you have abdominal (tummy) pain, you should seek urgent medical attention or go to the nearest Emergency Department and tell the staff what happened and the treatment you received. There is useful information from the NHS, here: *Emergency contraception (morning after pill, IUD) - NHS (www.nhs.uk)*

Sexual Health

Research has shown that the chance of a sexually transmitted infection (STI) 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 whether preventative medication is available and appropriate. As some infections might not cause you any discomfort or discharge, you are advised to:

☐ **A.** Visit a sexual health/genito-urinary medicine clinic within _____ hours/days.

☐ **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.

Whilst this may not apply to you, the doctor or nurse will usually advise 'safer sex' by using condoms with your partner, or not having intercourse until you have had tests for STIs.

At the sexual health clinic the staff will offer you advice and support. You may see a doctor or nurse who will ask you about any medical problems and offer an examination, or you may be able to do 'self-tests'. These tests may consist of swabs, blood &/or urine. Some of the results may be available the same day but others have to go to a laboratory and may take up to two weeks to come back. The clinic staff will advise you on what treatment, if any, is needed and what other tests may be appropriate and when. The clinic staff will also advise you on when and how the results will be provided to you.

In some areas, the sexual health service can provide kits for tests by post, which you can order online. This service is usually only available to those over the age of 16 (and sometimes 18) years.

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

_____

Your local sexual health clinic is:

_____

Telephone No: _____

Website: _____

☐ **A.** Please telephone this number to make an appointment. Or: The STO/SOIT/SOLO/Crisis Worker/ISVA will make the initial appointment for you.

☐ **B.** An appointment has been or will be made for you:

on:_____

at: _____

Please take the letter 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, nurse or crisis worker: delete irrelevant information

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. Although families and friends may listen to and support you, you may get additional or alternative help from a trained counsellor. Counselling does not usually start immediately after the incident and the service will advise you about this.

_____

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

_____

Telephone no:_____

☐ **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 or will be made for you:

on:_____

at: _____

Please take the letter provided with you when you attend.

☐ **C.** A letter has been sent (with your agreement) to the ISVA/counsellor/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 will pass your details to your local Victim Support scheme or other specialist agency 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.

Non-police or self-referrals

If you have come without reporting the incident to the police, the SARC staff will arrange support for you.

All the services mentioned above are provided free of charge. You may also be offered the support of an Independent Sexual Violence Advisor (ISVA), see page 1.

Produced by Dr Bernadette Butler
on behalf of the Faculty of Forensic & Legal Medicine
© Faculty of Forensic & Legal Medicine, May 2022 Review date: May 2025
Send any feedback and comments to forensic.medicine@fflm.ac.uk