



Media Release

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Morning after pill - not just for the morning after

Large numbers of Australian women are still unaware and uninformed about emergency contraception, said Women's Health Victoria today to mark World Contraception Day.

Executive Director of Women's Health Victoria, Marilyn Beaumont said that most women don't know that emergency contraception, known as the morning after pill, is not just for the morning after. It can be used up to 5 days after sex.

"Women also need to know that emergency contraception is available from doctors and over the counter at pharmacies," said Ms Beaumont.

"You don't need a prescription for the morning after pill, yet most women are completely unaware of this fact.

Emergency contraception is available to all women and must be taken within 120 hours after unprotected sex.

"It is an important contraception for women who want to be proactive in managing the possibility of an unintended pregnancy.

Doctors and pharmacists in Australia need to play a more proactive role in promoting the availability of emergency contraception.

"Pharmacists and doctors need to lift their game and provide clear signage about the availability and cost of emergency contraception.

"Every time I walk into a chemist, I see signs promoting all sorts of things, but there is never anything to publicise emergency contraception.

"Australian women need to know what they can do to prevent an unintended pregnancy," she said.

World Contraception Day is a worldwide campaign with a vision for a world where every pregnancy is wanted. Its mission is to improve awareness of contraception to enable young people to make informed decisions on sexual and reproductive health.

For further information contact:

WHV Executive Director Marilyn Beaumont on 0419 597 516 or Media: Anaya Latter on 0432 121 636