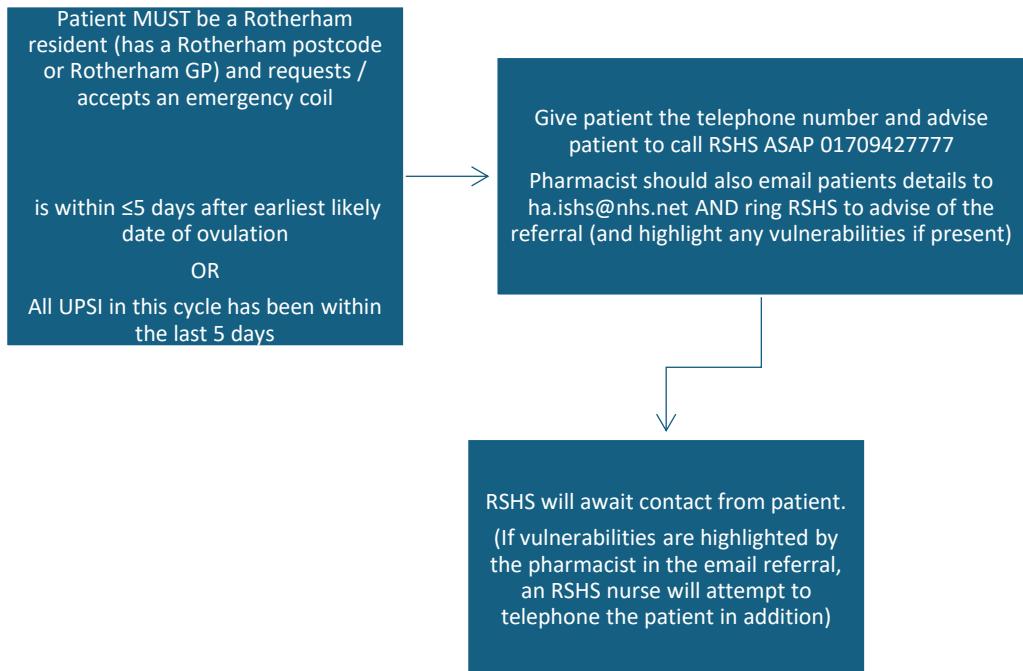


## Rotherham Sexual Health Services (RSHS) Pharmacy Emergency Coil pathway



### Quick guide to work out earliest day of ovulation:

- Establish the FIRST day of the Last Menstrual period (LMP)
- Establish frequency and length of the cycle – often 28 days but this can vary person to person
- Take the SHORTEST cycle length and take away 14 days, which will give you the earliest likely date of ovulation
- A copper IUD can be fitted up to 5 days after this date regardless of when the unprotected sex has been

### EXAMPLE:

A patient has regular monthly cycles which occur every month, varying between 30 and 32 days.

The shortest cycle of 30 days should be used.

Take away 14 days from 30 days which gives the earliest likely ovulation at day 16.

**This would mean the patient had 16 + 5 days from the first day of her LMP to have the copper coil fitted, regardless of when the unprotected sex was.**

\*Please give oral EC as well if eligible (in case they do not attend their coil appointment, or it is not possible to fit)\*

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