MEDICAL DIRECTIVE
Emergency Contraceptive Pill (ECP) for Pregnancy Drug Prophylaxis

Approved by/Date: Medical Advisory Committee – June 26, 2012

Authorizing physician(s)
Physician of the Domestic Violence/Sexual Assault Care Centre (DV/SACC)
Emergency Department Physicians (LH Oshawa Only)

Authorized to who
Registered Nurses working at the DV/SACC who have been certified as a Sexual Assault Nurse Examiner (SANE). Nurses that hold the knowledge, skill and judgment that work within the DV/SACC Program.

Patient Description / Population
To be offered to any female client within menstruating age, presenting within 120 hours of a suspected or known sexual assault regardless of condom use.

Medical Directive Description/Physician’s Order
Levonorgestrel 0.75 mg, 2 tablets once, orally

Specific conditions/circumstances that must be met before the Directive can be implemented
- Client must be registered to DV/SACC
- DV/SACC standard sexual assault and health history be completed by the RN in consultation with the client
- Explain the use of ECP to the client, including action
- Last menstrual period was greater than 1 month ago
- Client is not currently pregnant
- Document assessment findings
- Advise client that levonorgestrel has a low incidence of side effects that may include: gastrointestinal disturbance, dizziness, headache, breast tenderness and fatigue
- Advise client to have pregnancy test if period is more than 2 weeks late in starting. Advise client that spotting is not considered a period
- Advise client that there is considerable reduction in effectiveness of levonorgestrel with increased delay between the sexual assault and initiation of treatment
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<table>
<thead>
<tr>
<th>Time lapse after unprotected intercourse</th>
<th>Effectiveness of Plan B</th>
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</thead>
<tbody>
<tr>
<td>&lt; 24 Hours</td>
<td>95%</td>
</tr>
<tr>
<td>24-48 Hours</td>
<td>85%</td>
</tr>
<tr>
<td>49-72 Hours</td>
<td>58%</td>
</tr>
<tr>
<td>72-120 Hours</td>
<td>&lt;58%</td>
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</tbody>
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Contraindications to the implementation of the Directive
- Client is allergic to levonorgestrel
- Ongoing undiagnosed abnormal vaginal bleeding of the client pre-sexual assault
- Known or suspected pregnancy

Identify relevant Delegated Control Act or Added Skill associated with this Directive
None

Documentation requirements
- Document medication administration as per Lakeridge Health Policy
- Document on client treatment and follow up form

Review/Evaluation Process (how often/by who)
Review to be done on a biannual basis. Review to be conducted by the DV/SACC Medical Director and the DV/SACC RN

Related Documents
None

References
- Ontario Network of Sexual Assault and Domestic Violence Treatment Centres-Medical Guidelines for HIV Post Exposure Prophylaxis for Sexual Assault Survivors (2011)
- Ontario Network of Sexual Assault and Domestic Violence Treatment Centres-Medical Directives (2011)
- College of Nurses of Ontario (2012)