

For information on emergency contraception, visit ifpa.ie and thinkcontraception.ie

5 day pill: Take within 120 hours

3 day pill: Take within 72 hours

Both pills are more effective the sooner they are taken and are available to buy directly in pharmacies.

Copper coil (IUCD): Requires fitting within 5 days. Available in IFPA clinics and at some GPs.

Not all STIs have symptoms.

For information on STIs, visit hivireland.ie and thinkcontraception.ie

STI testing is FREE at public clinics.

View a map of STI testing clinics at hivireland.ie

FREE

For other STI testing options, visit ifpa.ie



Contraception can prevent unplanned pregnancy. For contraceptive advice and options, visit ifpa.ie and thinkcontraception.ie

Condoms can protect against STIs and unplanned pregnancy. FREE condoms are available. Find out where at hivireland.ie

FREE

For FREE, confidential and non-judgmental counselling, call the IFPA National Pregnancy Helpline [1850 49 50 51](tel:1850495051) to make an appointment.

FREE

Visit www.positiveoptions.ie for a list of FREE pregnancy counselling services.