

Who do I talk to about my feelings or to get more information?

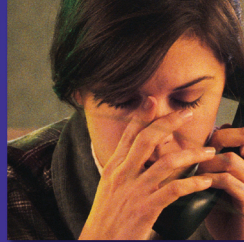
It's important to know that you can get help.

There is at least one Rape Crisis Program in your county with specially trained counselors who can assist you in many ways: talking with you about your feelings, providing support to you and going with you to visits, as needed; and providing referrals to other services.



Rape Crisis Program counselors are available 24 hours a day, seven days a week. Ask the hospital staff to call them for you if one has not already arrived to assist you.

Where do I get more information?



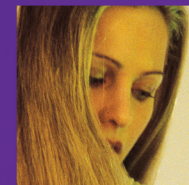
To get more information and a referral to a Rape Crisis Program near you, call the New York State Growing Up Healthy Hotline:

1(800) 522-5006

Call any time, day or night, including weekends. Your call is completely free and confidential.

Please call now!

Emergency Contraception for Rape Survivors



If you've been raped there is a medication you can take – emergency contraception – that can help prevent pregnancy, if taken promptly.



State of New York
Department of Health

What is emergency contraception?

If you've been raped there is a medication you can take – emergency contraception – that can help prevent pregnancy, if taken promptly. Emergency contraception is simply a higher dose of the same hormones used in common birth control pills. It is most effective if it is taken within 12 hours of the rape. But, it can still work if it is used within three days (72 hours) after the rape, and can even be taken up to five days after the rape. The longer you wait, however, the less likely it is that emergency contraception will keep you from getting pregnant.

If you were already pregnant at the time you were raped, emergency contraception will not affect your pregnancy.

The U.S. Food and Drug Administration has approved the use of emergency contraception as safe and effective.



Can I get emergency contraception if I've been raped?

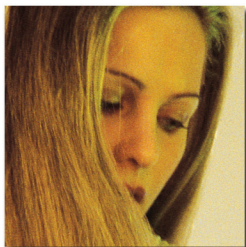


Yes. All hospitals in New York State that provide emergency treatment to rape survivors are now required to talk to you about emergency contraception, tell you that it is available, explain its effectiveness and side effects, and give it to you if you ask for it unless you were already pregnant or there is a rare medical reason not to take it.

What are the side effects of emergency contraception?

The side effects of emergency contraception can include:

- Nausea and vomiting
- Tender breasts
- Headache
- Dizziness
- Fatigue
- Abdominal pains/cramps.



The hospital staff may offer you medication to prevent nausea. Any side effects usually go away within a few days. Emergency contraception may affect your menstrual cycle. It may be early or late, light or heavy.

What do I do after I take emergency contraception?

Although your chances of pregnancy as a result of the rape will be greatly reduced if you take emergency contraception, you may want to make an appointment with your family doctor or your gynecologist to test you in about two weeks if you are worried. If you do not get your next period at all, you should visit your doctor.



Will emergency contraception affect my chances for getting pregnant in the future?

No.