



## Letters

# Emergency contraception is not just for the morning after

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EDITOR—Glasier is right to highlight that emergency hormonal contraception is not the solution to reducing unplanned pregnancy and abortion rates.<sup>1</sup>

However, if we are serious about reducing the rates of unplanned pregnancy and abortion in women of all ages, we need to ensure women can obtain regular contraception easily and in a timely manner. With the current deficits in the NHS, contraceptive services are experiencing a relative disinvestment, forcing many clinics to close or limit the number of clients they see.

Health professionals and the media should also be responsible about how they discuss and report emergency hormonal contraception as some women interpret “the morning after pill” quite literally. They may have the opportunity to get emergency contraception in 48 hours but don't because they think that it is literally for “the morning after.”

## Footnotes

- Competing interests None declared.

## References

1. Glasier A. Emergency contraception. *BMJ* 2006;**333**: 560–1. (16 September.)