

AFTER THE FACT.....

Unprotected sexual contact, consensual or not, is associated with medical concerns that need to be considered, namely, the risk of pregnancy and sexually transmitted infections (STI). There are things you can do to reduce these risks.

Prevention of Pregnancy---“The morning after pill”

Emergency contraception (EC) are hormones that prevent unintended pregnancies by delaying or preventing ovulation and perhaps by preventing fertilization. It does not disrupt an existing pregnancy. They are most effective when taken AS SOON AS POSSIBLE after having unprotected sex, but are effective for up to 5 days. However, the effectiveness in preventing pregnancy is reduced the longer you wait to take it.

If you weigh less than 165 lbs., you can purchase EC that contains Levonorgestrel 1.5mg, over-the-counter at most drug stores without a prescription. EC can also be purchased at the GWC Student Health Center.

If you weigh more than 165 lbs., evidence has shown that over-the-counter (OTC) EC's are less effective in preventing pregnancies. A prescription-only medication containing ulipristal acetate is required and is effective and can be taken up to 5 days after unprotected sex. You can obtain a prescription from your private physician or at GWC Student Health Services.

Prevention of Sexually Transmitted Infections (STI)

Sexually transmitted infections include gonorrhea, chlamydia, syphilis, HIV, Hepatitis B and C and trichomonas vaginal infections. They present with or without symptoms and so testing and treatment are important. Can occur in any area of sexual contact. Consistent condom use and regular STI testing and treatment are your best prevention safeguards.

If you believe you have been sexually assaulted, call one of these resources for support, services and referrals:

Sexual Assault Victim Services for North Orange County (714) 834-4317
Sexual Assault Victim Services for South Orange County (949) 752-1971
24 hour Crisis Hotlines (714) 957-2737 or (949) 831-9110

If you decide to report a sexual assault, you will be examined at a specific hospital by medical personnel trained to manage sexual assault cases. They will examine you for any injuries, STI's, and obtain any necessary forensic evidence. Preventative treatment for STI's may also be given. Crisis intervention counselors are also available there to give you support and assistance as needed.

Golden West College Student Health Center
(714) 895-8379

If you decide not to report a sexual assault or are concerned about any possible STI exposures or just want STI and HIV testing, you can receive free services at the:

Orange County Health Care Agency 17th Street Testing and Treatment Clinic

At 1725 W. 17th Street, Room # 101 N, Santa Ana, CA 92706,

(714) 834-8787 Recorded information

Open MWThF 8 am-4 pm and Tu 10 am-4 pm (the clinic closes when patient limit is reached). Appointments are preferred. Walk-ins will be seen based on capacity and wait times may be long. Please call for more information.

For accurate urine testing of gonorrhea and chlamydia, do not urinate for 1 hour before seeing the clinician. If needed, you can ask the front office if you can collect a urine specimen before your exam.

STI testing and treatment are also available at the GWC Student Health Center for a fee.

Dr. Young
Medical Director
Student Health Services
Golden West College
15744 Goldenwest Street
Huntington Beach, CA 92647
(714) 895-8379