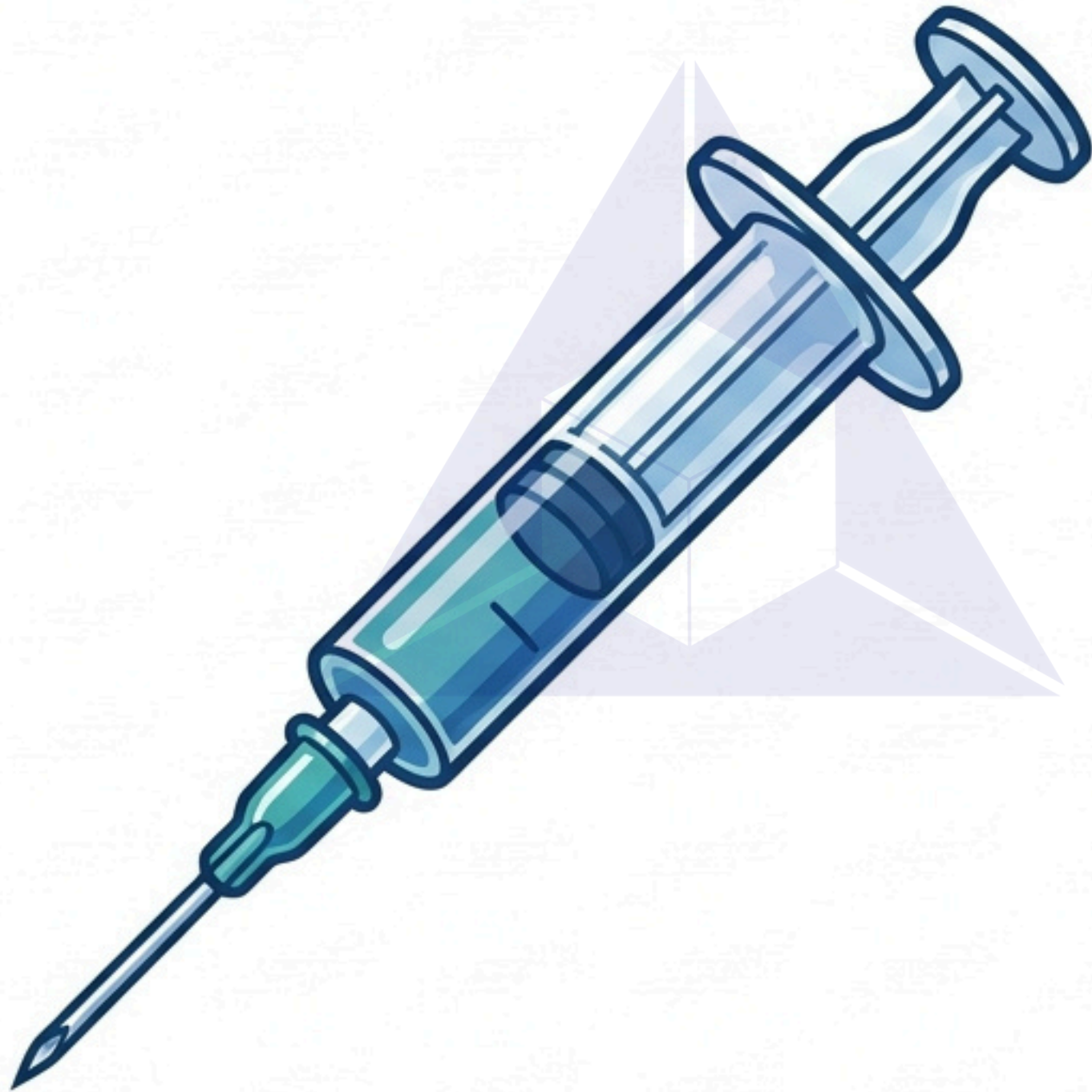


# **Long-Acting and Emergency Contraception**

**Injectables, Implants, and the  
72-Hour Window**

**Class 12 Biology • Reproductive Health (Section 5.3)**

# Injectable Contraceptives



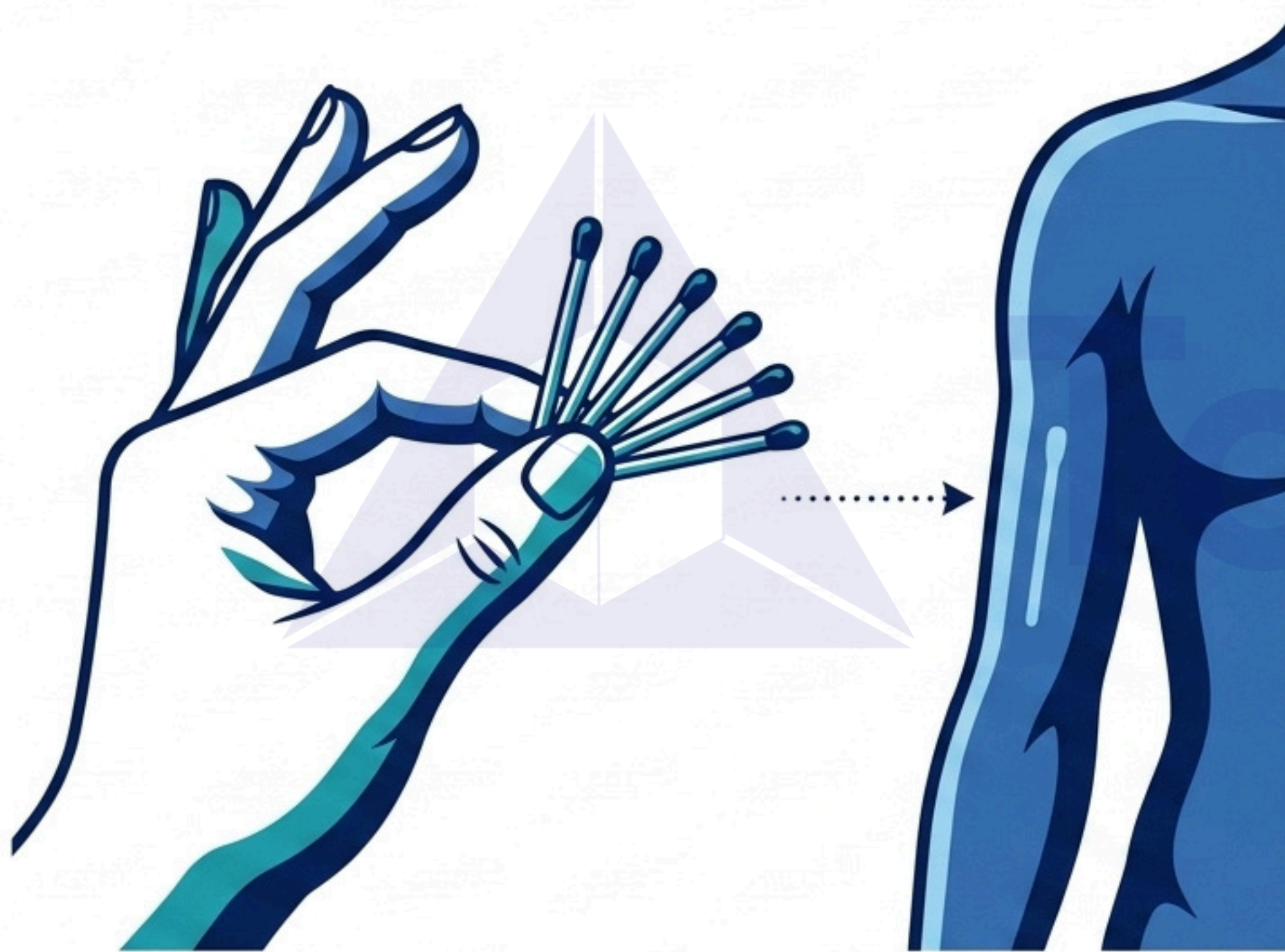
## What are they?

Hormones administered as deep intramuscular or subcutaneous injections.

## Composition

Contain Progestogens alone, OR Progestogen + Estrogen combinations.

# Subdermal Implants



**Placement:** Inserted just under the skin (subdermal).

**Action:** Small, hormone-releasing rods providing long-duration contraception.

**Composition:** Contain Progestogens (or combinations).



**You've Learned the Theory.  
Let's Test Them Now.**

$$E=mc^2$$



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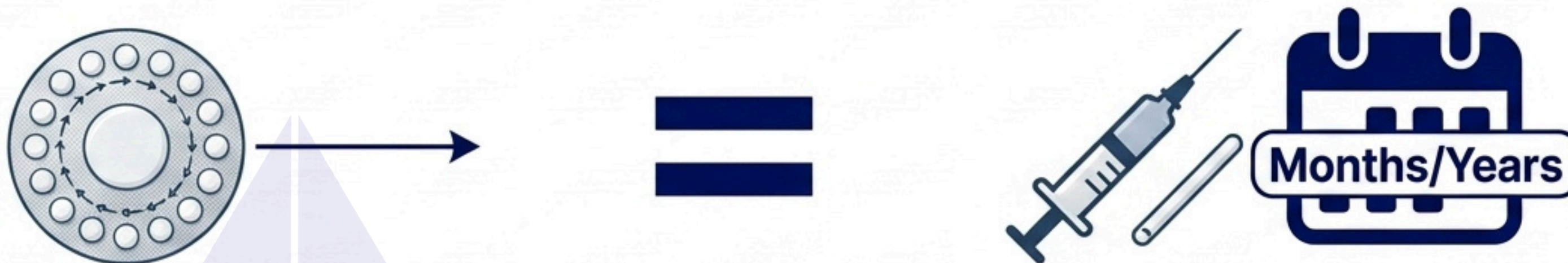
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# Same Action, Longer Duration



Mode of Action: Exactly the same as oral contraceptive pills, but with a much longer effective period.

## The 3-Pronged Attack

1. Inhibit ovulation
2. Inhibit implantation
3. Alter the quality of cervical mucus to retard sperms

💡 **NEET MCQ Trick:** If asked for the mechanism of implants or injectables, look for the exact same three points as oral pills. Don't drop one!

# Emergency Contraception (EC): The 72-Hour Window



Administration must occur within 72 hours of coitus.

**Option 1:**  
Hormonal Pills  
(Progestogens alone or  
with estrogens).



**Option 2:**  
IUD Insertion  
(Intra Uterine Device).

**Frequently  
Overlooked!**



# Indications for EC Use

Highly effective against pregnancy due to:



Contraceptive failure  
(e.g., condom  
breakage).



Casual unprotected  
intercourse.



Rape / sexual  
assault.

# The Conceptual Trap



**Common Mistake**

**Emergency contraception is  
NOT a regular method.**

The 72-hour rule applies only to a single, unexpected act. It is not a substitute for daily or long-term contraception. Treating it as a routine method is a major public health misconception and a frequent exam trap.

# Method Comparison Matrix

| Method                  | Hormone Content                           | Primary Use Case                          |
|-------------------------|-------------------------------------------|-------------------------------------------|
| Injectables             | Progestogens ( $\pm$ Estrogens)           | Proactive, Long-term spacing              |
| Implants                | Progestogens ( $\pm$ Estrogens)           | Proactive, Very long duration (subdermal) |
| Emergency Contraception | Progestogens ( $\pm$ Estrogens)<br>OR IUD | Reactive, strictly within 72 hours        |



**Key Takeaway:** The hormonal contents are nearly identical across all three; the difference lies entirely in the delivery method and the timeline.

# Quick Recall Challenge



Which of the following is **NOT** a medically approved method of emergency contraception if administered within 72 hours of unprotected coitus?

A) Progestogen-only pills

B) Progestogen-estrogen combination pills

C) Copper-releasing IUD insertion

D) Subdermal implant insertion

*Answer: D. Implants are for proactive long-term use, not emergency reactive use within 72 hours.  
Options A, B, and C are all valid emergency methods.*



# You've Learned the Theory.

## Now Let's Test It.

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