

Important application notes



ACT QUICKLY!

To ensure maximum efficacy, the morning after pill should be taken as soon as possible after unprotected sex.



UP TO 5 DAYS AFTER!

The morning after pill containing the active substance ulipristalacetate can be taken up to five days after unprotected sex at any time within the monthly cycle, but best as soon as possible.



LATE PERIOD?

The morning after pill may delay menstruation by a few days. A pregnancy test may reassure those who are worried.



VOMITING?

If vomiting occurs within three hours of taking the morning after pill, an additional morning after pill should be taken.



Sex after ellaOne®?

To be on the safe side, a reliable barrier contraceptive (e.g. a condom) should be used until the next menstruation, even if a regular contraceptive pill is being taken. Once the morning after pill has been taken, it does not prevent pregnancy after further unprotected sex.



STI?

Emergency contraceptives provide no protection against sexually transmitted infections (STI). Condoms are the only effective protection against STI.



INFO!

For more information about the morning after pill, please call the free **24h medical hotline on 0800 5282828** or visit www.pille-danach.de.

Brief background information

Prevent unwanted pregnancy!

To prevent pregnancy, sperm must not be allowed to meet and fuse with a mature egg. An egg cell can be fertilised for approximately one day once ovulation has occurred.

How does it work?

Sperm can live and fertilise an egg cell for up to five days. The morning after pill can delay ovulation for five days, beyond the 5 day danger zone, and thus prevent a pregnancy.

As soon as possible!

In order to ensure that ovulation is delayed, the morning after pill must be taken as soon as possible after unprotected sexual intercourse! If ovulation has already taken place, the morning after pill will not work, a pregnancy may develop.

Ovulation cannot be precisely calculated in advance!

It is not possible to calculate the time of ovulation precisely in advance and it may vary strongly from cycle to cycle and from woman to woman. As the risk of falling pregnant is greatest shortly before ovulation, every hour counts.