

Using ellaOne® (ulipristal acetate)

This information should be read with the package leaflet that came with ellaOne

Why have I been given ellaOne?

ellaOne is a 'morning after pill' – an emergency contraceptive pill given after unprotected sex or if your usual method of contraception fails. It limits your chances of becoming pregnant.

'Unprotected sex' means either you didn't use contraception or what you used failed. Perhaps the condom you were using tore, slipped or came off. Maybe you didn't take 'the pill' (your regular contraceptive) on time.

ellaOne should only be used as an **emergency** contraceptive.

How does ellaOne work?

ellaOne prevents pregnancy by stopping or delaying the release of an egg from your ovary into your fallopian tube (called ovulation). As the egg isn't released, the sperm and egg don't meet and pregnancy can't happen.

Will ellaOne work for me?

ellaOne is not effective in every case: approximately 2 in 100 women still become pregnant. Speak with your doctor or nurse to discuss the best regular type of contraception for when you next have sex. When you have your next period, and if it seems normal, then you will know ellaOne has worked.

ellaOne won't stop you getting pregnant if you have unprotected sex again after taking it.

How do I take ellaOne?

Take ellaOne exactly as your doctor, nurse or pharmacist has told you. It comes as one tablet – take it with or without food, as soon as possible and within a maximum 5 days (120 hours) after 'unprotected sex.'

If you vomit within three hours of taking ellaOne, go back to your doctor, nurse or pharmacist and get another one as soon as possible

What if I am taking other medicines?

Some medicines could affect the way that ellaOne works and how you respond to it. You should tell your doctor, nurse or pharmacist if you are taking any medication or if you suffer from liver disease or severe asthma.

What should I do after taking ellaOne?

ellaOne won't stop you from getting pregnant if you have unprotected sex again. The next time you have sex, use a condom or another effective barrier-method contraceptive until your next period. If you're on 'the pill' keep taking it as normal but don't rely on it to stop you getting pregnant until you have your next period.

If you don't have a regular form of contraception ask a doctor, nurse or pharmacist for advice on what might be best for you.

If your period is late by more than a week or is very different from what's normal, talk to a doctor, nurse or pharmacist.

ellaOne won't protect you from HIV or other sexually transmitted infections: only a condom will.

Will ellaOne cause me any side effects?

Like all medicines, ellaOne may cause side effects. Some women get abdominal pains. Three-quarters of women have their next period up to a week late or early. This may be even longer in others.

Other possible but uncommon side effects (1–10% chance) are: feeling or being sick, headache, dizziness, tender breasts, tiredness, mood swings, pain in the muscles, back or pelvis and having a painful period (menses).

Most side effects go away after a couple of days but if you have any that don't or that you're worried about, speak to your doctor, nurse or pharmacist.

Talk to your doctor, nurse or pharmacist if you think you may be allergic to ellaOne or if you have a lactose intolerance or if you think you may be pregnant.

What if I become pregnant after taking ellaOne?

If you think you have become pregnant after taking ellaOne, you must speak with your doctor or nurse.

It is important to check that you don't have an ectopic pregnancy (a rare pregnancy where the foetus develops outside the womb).

Is there anyone I can talk to other than my doctor, nurse or pharmacist?

You can contact any of the many organisations in **total confidence**, who can give you the help you need:

The fpa

www.fpa.org.uk
Tel: 0845 122 8690.
Northern Ireland:
Tel: 0845 122 8687

Brook Advisory Centres

www.brook.org.uk
Tel: 0808 802 1234

NHS Direct

www.nhsdirect.nhs.uk
Tel: 0845 4647

Marie Stopes International

www.mariestopes.org.uk
Tel: 0845 300 8090

British Pregnancy Advisory Service

www.bpas.org
Tel: 08457 30 40 30

NHS Choices

www.nhs.uk/Pages/HomePage.aspx
(type "emergency contraception" in the search box)

