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| **Highlights:**   * Birth control you can take up to 5 days **after** unprotected sex to prevent pregnancy      * Safe and effective   **Remember:**   * Does not prevent HIV or other sexually transmitted infections (STIs). Protect yourself and others by also using condoms. * If you normally use birth control pills and you took ella®, use condoms every time you have sex until you get your next period. | **Fact Sheet:**  **Emergency Contraception (“ella®”)** | MRN:  Name:  D.O.B.: |
| **How does ella®****work?** | |
| ella® is a pill you can use up to 5 days**after** you have unprotected vaginal sex to prevent pregnancy. Unprotected sex means having sex without using birth control or condoms, or if the condom breaks.  ella® is a medication that delays your body from releasing an egg. You can’t get pregnant if an egg is not released.  It works because pregnancy doesn’t start right after unprotected sex. There is still some time to prevent pregnancy—especially if you take it right away. It’s best to take it as soon as you can.  Since it prevents pregnancy, ella® will **not** work if you are already pregnant. | |
| **How do you use ella®?** | |
| **If you have unprotected sex, take ella®****as soon as possible.** You can take it for up to 5 days (120 hours) after unprotected sex. Don't wait!  For ella® to work, you need to take one pill after each time you have unprotected sex. Taking more pills won’t make it work better.  **If you don’t get your period within 4 weeks of taking ella®, come back to the clinic to get a pregnancy test**. Write down what the date is 4 weeks from today to help you remember:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| **What are the benefits of using ella®?** | |
| **ella®****is not 100% effective, but it can lower your chances of getting pregnant.**  ella® is safe and effective.  You can start a method of birth control at the same time you use ella®. Using a regular birth control method is more effective than emergency contraception at preventing pregnancy. | |
| **What are the possible disadvantages of using ella®?** | |
| Some women feel nausea or vomit after taking ella®. These effects are not harmful and will go away within a day or two. **If you vomit within 3 hours of taking ella®,** call or come back to the clinic to see if you need to take it again.  After using ella®, your period may come sooner or later than usual. It may be heavier or lighter than usual, or you may experience spotting (bleeding between periods). These changes in bleeding are not harmful.  ella® can interfere with some birth control methods. If you normally use the Pill, Patch, or Ring and you took ella®, you should also **use condoms every time you have sex until you get your next period**. | |
| **Patient Acknowledgment:** I have read this fact sheet and understand the information given to me about emergency contraception (EC). I understand that I will need a pregnancy test today before receiving EC. I understand it is my responsibility to follow the instructions on this fact sheet. No guarantee has been made to me as to the results of using EC. I understand that neither the provider nor the school clinic are in any way responsible should I become pregnant. If I do not get my period within 1 month of starting EC, I will come back for a pregnancy test. I have been given the chance to ask questions about birth control and EC in particular. My questions have been answered to my satisfaction.  Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/ \_\_\_\_\_/ \_\_\_\_\_ *Updated 3/2017* | | |