

Quick-starting the pill, patch, injection or implant after ellaOne®

- Contraception can sometimes be started immediately after using ellaOne® rather than waiting until your next period.
- The combined hormonal pill or patch, the injection and implant will not be reliable for the first 14 days, and you will need to use condoms if you have sex during this time.
- The progestogen-only pill will not be reliable for the first 9 days and you will need to use condoms if you have sex during this time.
- You should have a check pregnancy test three weeks for any of the above quick start methods.

Starting contraception with your next period

- Start the pill on the first proper day of your next period (do not start if you get light bleeding only).
- If you are starting the injection, this should be given during the first five days from the start of your period.
- If you are having an implant fitted this may be inserted up to day five of your period without the need for additional contraceptive protection.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં ખોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ନେବ ବ୍ରହ୍ମଚୂ ଡିଅ ନାହବତୀ ବିନୀ ସୁନୀ ବ୍ରାହ୍ମା ନାଁ ନବଳ ଟିଙ୍ଗି ଚାଚୀତୀ ଚୈ ବା ବିନଧା ବବ ଦେ ନାଚୁଁ ପୁଢ଼ି

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقہ سے درکار ہیں تو براہ کرم ہماری سہ سے پوچھیں:-

Oxford Health NHS Foundation Trust

Trust Headquarters

Warneford Hospital

Headington

Oxford

OX3 7JX

Switchboard: 01865 901000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk

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[Holding+hands](#)

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Contraception information

Patient information
leaflet for ellaOne®
emergency
hormonal
contraceptive (EHC)
pill

Patient information leaflet for ellaOne® emergency hormonal contraceptive (EHC) pill

- We can issue ellaOne® between 72 hours and 120 hours (3 - 5 days) after the risk of pregnancy.
- The tablet can be taken with or without food.
- It will not work for any unprotected sex you have had more than five days ago.
- Your next period should come around the normal time, but it may be a bit early or late.
- You may get slight bleeding before your next period.
- Following ellaOne® pregnancy occurs in approximately 2 in 100 women.
- If it does not work and a pregnancy occurs, please return for advice or see your GP.
- It will not protect you between now and your next period, so use condoms if you have sex or abstain.
- ellaOne® has no serious side effects but is not recommended for use more than once in the same cycle or if you are taking some prescription medications.
- Breastfeeding should be avoided for seven days after taking ellaOne®.
- A copper coil - intra uterine device (IUD) is the most effective form of emergency contraception. (Further information about this is listed later in this leaflet).

- You may also be at risk of a sexually transmitted infection. Testing is advised 2 - 3 weeks after the unprotected sexual intercourse, or sooner if acute symptoms develop.

You should contact your school or college nurse, GP or sexual health clinic if:

- you vomit within three hours of taking the ellaOne® tablet
- your period is late
- you have any questions or worries

Date of last period:

Date of treatment:

You should have a pregnancy test if you have not had a **normal** period by:

College/School nurse:

Contact details:

If you are already on the contraceptive pill, patch, injection, implant or if you start hormonal contraception immediately after taking ellaOne® EHC, then you should have a pregnancy test three weeks from the time of the last unprotected sex. Follow advice for additional precautions (condoms) as per the quick starting guidance at end of leaflet.

If you have been asked to re-attend for a pregnancy test, please bring a urine sample – an early morning sample is the best.

Coil IUD fitting for emergency contraception

- A copper IUD is the most effective form of emergency contraception.
- The person issuing the ellaOne® will be able to advise you if this is an option.
- An emergency IUD can usually be fitted up to five days after sexual intercourse, sometimes later, it will depend on where you are in your cycle and how many days since the last sexual intercourse.
- It provides very effective ongoing contraception and can remain in place as your chosen method.
- If you choose to have the IUD removed it needs to remain in place for at least seven days from the last sexual intercourse to be effective.
- The chance of becoming pregnant after an emergency IUD fitting is less than 1 in 100 at any time in your cycle.
- Because of the risk of infection, you are usually advised to have a course of antibiotics.
- The Mirena (IUS) coil cannot be used for emergency contraception.
- A copper IUD has to be fitted by a properly trained doctor or nurse and an appointment has to be organised.
- If there is an interval between first attendance for emergency contraception and the appointment for IUD fitting, you will be advised/ given an emergency pill to take anyway.
- This is in case the fitting cannot take place for any reason.