ella®
ulipristal acetate tablet 30 mg

prevention when you need it most

Available by prescription from your healthcare provider and online.*
Contact your healthcare provider.
Uh-oh. You’ve just had unprotected sex (without birth control), or your birth control failed. And now you’re in need of an emergency contraceptive.

ella® may be the emergency contraceptive you turn to if you find yourself in these situations after having sex:
• You had unplanned sex and didn’t have birth control available
• You forgot to take your pill, insert your ring, or apply your birth control patch
• The condom broke, or your partner did not withdraw (pull out) in time
• You think your birth control failed in some way (for instance: the diaphragm or cervical cap slipped out of place)
• You misjudged your “safe” days while practicing natural family planning
• You’re unsure if you strictly followed the directions for your birth control to be effective
• You were raped or forced to have unprotected sex

ella (ulipristal acetate tablet 30 mg) is an emergency contraceptive to help reduce the chance of an unintended pregnancy with just one pill. It can be used if you have unprotected sex or your birth control fails.1

Available by prescription only, ella’s® effectiveness extends up to 5 days after unprotected sex.2

As a result, ella represents a new generation of emergency contraception.

What is emergency contraception?
Emergency contraception (sometimes called the morning-after pill) can reduce your chances of becoming pregnant after unprotected sex or if your birth control fails.1

However, emergency contraception is not meant for use as a regular form of birth control. And it does not protect you against:
• HIV infection (which can lead to AIDS)
• Sexually transmitted diseases2

ella® is an emergency contraceptive
it reduces your chance of becoming pregnant if you have unprotected sex or your birth control fails

Is emergency contraception the same as the abortion pill?
No. Emergency contraception such as ella is not an abortion pill. And it does not end an existing pregnancy.1 The abortion pill, also called RU 486 or Mifeprex®, works by terminating an early pregnancy.3
How does ella® work?

ella works by delaying or preventing ovulation (the release of an egg from the ovary). It’s also possible that ella works by preventing attachment to the wall inside the uterus.²

How is ella different?

First, ella works at certain stages of your menstrual cycle, including just before you ovulate (when the body releases an egg)—which is the time when the chance of getting pregnant is high.²⁴ Other emergency contraceptives like Plan B One-Step® and Next Choice One Dose® do not work as well during the time just before ovulation. In fact, the effectiveness of these medications decreases just before ovulation.⁵

Second, ella delays or prevents ovulation for 5 days.** ⁴ This provides the extra pregnancy prevention you need—because sperm can survive for up to 5 days inside the body.⁶

**ella can be taken at any time during your menstrual cycle. However, the ability to delay or prevent ovulation (egg release) depends on when ella is taken.

How well does ella® work?

When taken as directed, ella reduces the chance that you will get pregnant. Clinical studies that included over 2,000 women show that most women did not become pregnant after taking ella.² So, with just one pill, ella provides the extra time for extra pregnancy prevention.

ella® is effective at reducing the chance of pregnancy by taking just one pill²

Do I wait until the next morning to take emergency contraception?

No. You might hear the term “morning-after pill” or the “day-after pill,” but an emergency contraceptive—such as ella—should be taken as soon as possible after unprotected sex or birth control failure.

How often can I use ella?

ella should only be used if you have sex without using birth control or when your regular birth control fails. It should not be used frequently and it should not replace your regular birth control method. (When used correctly, regular birth control is the most effective way to prevent pregnancy.²)

If you find that you need to use emergency contraception often, talk to your healthcare provider. He or she can talk to you about which birth control methods are right for you.²
Will *ella*® protect me if I have sex again before I have my period?
No. Generally *ella* cannot protect you from pregnancy if you have sex after taking the emergency contraceptive. If you have sex after taking *ella*—but in the same menstrual cycle—you should use a reliable barrier method of birth control.\(^2\)

How long does *ella* remain effective?
*ella* remains effective at delaying or preventing ovulation (egg release) for up to **5 days** after unprotected sex or birth control failure.

Other emergency contraceptives—like Plan B One-Step® and Next Choice One Dose®—are only FDA approved to be taken within **3 days** after unprotected sex.\(^2,7,8\)

Also, *ella*’s ability to delay or prevent ovulation does not decrease over that 5-day period (after it is taken). If you take other emergency contraceptives, they are less effective during each 12-hour period of time.\(^9\)

The bottom line: *ella*® gives you the extra time you may need to prevent pregnancy.
When and how should I take ella?
Your best chance at preventing pregnancy is to take ella as soon as possible after unprotected sex or birth control failure—at any time during your menstrual cycle. You can take ella either on an empty stomach or after a meal.²

If nausea causes you to vomit within 3 hours of taking ella, contact your healthcare provider right away. He or she may prescribe another dose of ella for you.²

How will I feel after taking ella?
Some (but not all) of the side effects include:²
- Headache
- Nausea
- Stomach pain
- Menstrual pain or cramps
- Tiredness
- Dizziness

Tell your healthcare provider if you have any side effect that bothers you or does not go away.

When should I avoid using ella?
You should not use ella:²
- If you are already pregnant
- More than once in one menstrual cycle
- If you are breastfeeding

So when you’re at risk, count on the power of ella®. It offers you extra time for extra prevention against pregnancy.

To get a prescription for ella®, contact your healthcare provider or order online from PRJKT RUBY

Important Safety Information for ella®
(ulipristal acetate tablet 30 mg)
The most common side effects of ella (ulipristal acetate) tablets include headache (18%), stomach pain (12%), nausea (12%), menstrual pain (9%), tiredness (6%), and dizziness (5%). ella should not be used if you know or suspected you are pregnant, and ella should not replace a regular method of birth control. If you become pregnant or have lower abdominal pain after taking ella, seek help from a healthcare provider right away as you could have a pregnancy outside the womb (ectopic pregnancy). ella may change when the next period comes. If your period is delayed beyond 1 week, you should be checked for pregnancy. Do not use ella if you are breastfeeding.

Do not use ella more than once in a menstrual cycle. After taking ella if you do have sex again in the same cycle, use a reliable barrier method of birth control like condoms until your next period. Using ella with hormonal birth control such as birth control pills can reduce the effectiveness of both drugs to prevent pregnancy. If you are planning to use hormonal birth control, do so no sooner than 5 days after you take ella. Using some medicines and herbs may make ella less effective. Talk to your healthcare provider about all medicines and herbs you are taking before you use ella. ella does not protect against sexually transmitted infection or HIV.

Please see full Prescribing Information here: www.tinyurl.com/ella-currentpi
Sources:


ella®
ulipristal acetate
tablet 30 mg

Keep in mind that if you have unprotected sex after taking ella, it cannot protect you from getting pregnant.

* Safe and Discreet Online Ordering
Available online from PRJKT RUBY!

ella may be available to purchase after completing an online medical consultation. Getting an online medical consultation for ella from PRJKT RUBY is safe, confidential, and easy. Find out today if ella is right for you. Visit
www.prjktruby.com/emergency-contraception
or call 855-ELLA NOW (855-355-2669).