

MINNEAPOLIS SCHOOL BASED CLINICS

Edison: Room 107	612-668-1321
Henry: Room 212	612-668-1944
FAIR: Room 222	612-668-1064
Longfellow: Room 126	612-668-4723
Roosevelt: Room 143	612-668-4834
South: Room 122	612-668-4333
Southwest: Room E021	612-668-3040
Washburn: Room 002	612-668-3453


Minneapolis
Health

For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.

SCAN ME!



Version: 3/23

ELLA



**EMERGENCY CONTRACEPTION PILL
ULIPRISTAL ACETATE TABLET**

MINNEAPOLIS
**SCHOOL BASED
CLINICS** program

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HOW IT WORKS

Ella is an Emergency Contraception pill that someone with a uterus can take **after** having unprotected sex, within the first 5 days (120 hours). Ella works to prevent pregnancy by stopping the ovaries from releasing an egg.

Emergency Contraception is used in an emergency only, so it's important that you have a regular method of birth control.

Reasons to use Ella can include:

- You are not on birth control and had unprotected vaginal sex (sex without a condom)
- A condom broke, slipped or came off during vaginal sex
- You are on birth control but forgot to take your medication and you had unprotected vaginal sex
- You had unprotected vaginal sex within the first 7 days after starting birth control

EFFECTIVENESS

- Ella is 85% effective when taken within 5 days (120 hours) after unprotected vaginal sex. It is equally effective throughout the 5 days.
- Ella is most effective for people who weigh 195 pounds or less.
- Ella is **not** effective if you had unprotected vaginal sex more than 120 hours before taking it or if you are already pregnant. **Ella is not an abortion pill.**

POSSIBLE SIDE EFFECTS

After using Ella, your next period may be late. You may also have spotting (light bleeding), nausea, abdominal pain, tiredness or a headache.

If you do not get a period within 3 weeks of taking Ella, see your medical provider.

PREGNANCY/BREASTFEEDING

Ella should not be used for people who are already pregnant because it will not work. Ella does **not** have any effect on a pregnancy already in place.

However, if you become pregnant despite taking Ella, there may be a higher risk of a tubal pregnancy. A tubal pregnancy is when the fertilized egg begins to grow in the fallopian tube, rather than the uterus, which can be dangerous for the pregnant person if not treated by a medical provider.

Ella should **not** be used by people who are breastfeeding.

THINGS TO KNOW

You are **not** protected from pregnancy if you have unprotected vaginal sex **after** using Ella/Emergency Contraception.

Ella/Emergency Contraception is not as effective as other methods of birth control.

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. Ella does not prevent sexually transmitted infections.

GETTING STARTED

Get a prescription for Ella from a medical provider – the School Based Clinics **can** prescribe it at no-cost. Take the pill as soon as possible after unprotected vaginal sex. **Until your next period, avoid vaginal sex or use condoms and/or prescribed birth control to prevent unplanned pregnancy.** Follow up with your medical provider as instructed.

OTHER TYPES OF EMERGENCY CONTRACEPTION

Ella is available by prescription only, meaning you must see a medical provider to get this medication. If you cannot make it to a clinic, you can buy over-the-counter (without a prescription) Emergency Contraception pills, such as Plan B or Next Choice, at a convenience store or pharmacy. Over-the-counter Emergency Contraception pills are up to 89% effective if used within 72 hours (3 days) after unprotected vaginal sex and get less effective as time passes. Over-the-counter Emergency Contraception may be less effective for people above 165 pounds. If possible, those between 165-195 pounds, or those who had unprotected vaginal sex between 3-5 days ago, should get a prescription for Ella from a medical provider.

Certain IUDs can also be used as a form of emergency contraception if placed by a medical provider with 5 days of unprotected vaginal sex.