

## **Need to know about Plan B One-Step®?**

<http://www.optionline.org/morningafterpill>

This website has accurate information with good source material about The Morning After Pill (Plan B). Please see this site for further education. Here is an excerpt with an introduction to Plan B One-Step:

### **“What is Plan B One-Step?**

Plan B One-Step, sometimes called the morning-after pill is a form of emergency contraceptive. This means it is a type of birth control used after unprotected intercourse or suspected contraceptive failure (e.g. a broken condom) to prevent pregnancy.

### **Is Plan B One-Step Effective?**

One study conducted by Plan B One-Step found that 84% of expected pregnancies were prevented [1]. The makers of the drug claim that 7 out of 8 women who would have gotten pregnant, did not [2]. These figures are based on estimates of when ovulation might have occurred.

### **How is Plan B One-Step Administered?**

Plan B® One-Step is administered in one tablet and must be taken within 72 hours of unprotected sex [3].”

## **Need to know about ella®?**

<http://www.optionline.org/morningafterpill>

This website has good information with lots of Source Materials. Visit the site for more education. Here is a quote that gives a brief introduction to ella:

“What is ella?

ella is a form of emergency contraception. This means it is a type of birth control used after unprotected intercourse or suspected contraceptive failure (e.g. a broken condom) to prevent pregnancy.

It cannot be purchased over-the-counter and is only available by prescription in the United States.

ella is not intended for routine use as a contraceptive.[1] It is only to be used for a single episode of unprotected intercourse.[2]

### **Is ella Effective?**

If ella is taken as directed, it will reduce the chance of pregnancy, but it is not effective in every case.

In the two studies mentioned in the package insert, ella reduced the number of expected pregnancies from about 5.5% to an observed number of about 2%.[3] It is important to realize that this number is an estimate based on the number of pregnancies per 100 women at risk for pregnancy as calculated based upon the timing of intercourse with regard to each woman’s menstrual cycle.[4]

### **How is ella Administered?**

ella is taken orally as one tablet as soon as possible within 120 hours (5 days) after unprotected intercourse or a known or suspected contraceptive failure.[5] The ella tablet is a white to off-white, round, curved tablet containing 30 mg of ulipristal acetate and is marked “ella” on both sides.[6]”