

# The morning-after pill

– Your plan B for contraception glitches!



Important information about the morning-after pill.



Caring for People's Health

[www.die-pille-danach.at](http://www.die-pille-danach.at)

## The morning-after pill

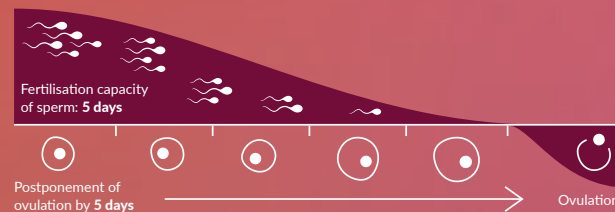
– Your plan B for contraception glitches!

**Torn condom? Slipped diaphragm? Or just forgot to take the pill?**

Whatever happened, now the morning-after pill can protect you. It helps to prevent an unwanted pregnancy after unprotected sex or if a contraceptive failed.

### How does the morning-after pill work?

The morning-after pill ensures the postponement of ovulation by 5 days. Sperm cells survive in the female body for up to 5 days. By postponing ovulation, sperm coming into contact with the ovum is prevented and fertilisation cannot take place.



However, if ovulation has already taken place, the morning-after pill is no longer effective. The morning-after pill is not an abortion pill: Taking it when you are already pregnant, does not terminate the pregnancy.

### How long after unprotected sex can I take the morning-after pill?

The sooner you take the morning-after pill, the more certain the effect. You should take the morning-after pill with the active ingredient ulipristal acetate (UlliOnce) as soon as possible but no later than 5 days (120 hours) after unprotected sex.

This is important, as sperm cells survive in the female body for up to 5 days. In women, the fertile days start between 4 to 5 days before ovulation; one is most fertile 2 days before ovulation. The morning-after pill postpones ovulation for a few days so that the sperm cell and the ovum do not come into contact with each other.

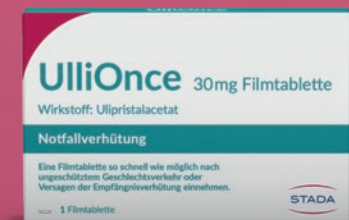
### Probability of ovulation

The time of ovulation cannot be exactly predicted. It varies from woman to woman and can be influenced by many factors, such as stress or travel.

The morning-after pill with the active ingredient ulipristal acetate still works on the two most fertile days before ovulation.

However: if your ovulation occurred before you had unprotected sex, the pill is no longer effective.

It is therefore important to take the pill as soon as possible after unprotected sex.



# The morning-after pill: Your plan B.

## This is important now

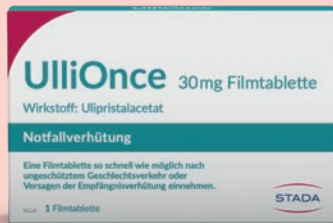


### Act fast

You can take the morning-after pill with the active ingredient ulipristal acetate **up to 5 days (120 hours) after unprotected sex.**

**However:** the sooner you take the pill, the more certain the protection. Therefore, take it as soon as possible after unprotected sex. Once ovulation has occurred, the morning-after pill is no longer effective.

It can be taken **regardless of meals and at any time of the day** and at any stage of the menstrual cycle.



**Without prescription  
in the pharmacy**



### Vomiting

If you have to vomit **within 3 hours** after taking the pill, it may not yet have been entirely absorbed by the body. You must therefore **take another morning-after pill as soon as possible.**



### Side effects

As with any other medicine, **side effects may occur, but do not have to.** Common symptoms include nausea, stomach ache, vomiting, headaches or dizziness. If you experience side effects, are unsure, or you have questions, please contact your doctor or consult your pharmacist.



### Contraception and sex

The morning-after pill is an **emergency contraception measure and not a long-term contraceptive.** If you have unprotected sex again after taking the morning-after pill, it will not prevent pregnancy. Furthermore, the effect of hormonal contraceptives like the birth control pill or hormonal plasters may be temporarily impaired. Continue using them as usual and **use extra protection with condoms until the next period.**



### Menstruation

It is normal that your **period is delayed by a few days after taking the morning-after pill** as it postpones ovulation. However, if your menstruation is delayed by more than 7 days, is unusually light or unusually heavy, or if you have stomach ache, a feeling of tension in the breast, vomiting or nausea, it is possible that you are pregnant. In this event, take a pregnancy test immediately and consult your doctor.



### Breastfeeding

If you take the morning-after pill with the active ingredient ulipristal acetate (UlliOnce), do not breastfeed your child for **1 week after taking it.** Use a breast pump to maintain lactation. Please dispose of the milk afterwards.



### Search for pharmacies

You can get the **morning-after pill without a prescription at the pharmacy!**

Find your closest pharmacy here:  
[www.apothekerkammer.at/apothekensuche](http://www.apothekerkammer.at/apothekensuche)

You can find more information for the morning-after pill with the active ingredient Ulipristal acetate at [www.ullionce.at](http://www.ullionce.at).

Information about effects and possible unwanted side-effects can be obtained from the instructions for use, a doctor, or a pharmacist. 200\_ULLI\_0723