

How often can I take plan B?

You can take Plan B as many times as you need it, but should be aware that Plan B is not a substitute for regular contraceptives, such as the birth control pill.

How often can I take Ella?

Ella can only be taken once per menstrual cycle and you must wait 5 days before restarting any hormonal birth control such as the pill, patch, or ring.

*If you need help choosing a more effective contraceptive, contact your health care provider or book with Planned Parenthood Regina.

*Plan B, Ella, and copper IUD's do not protect you from HIV/AIDS or other sexually transmitted infections. Only condoms provide protection against these infections.

*If you are worried that you may be infected with a sexually transmitted infection, talk to a health care provider.

Where can I get Plan B?

Available at Planned Parenthood, your health care provider, or pharmacy.

Where can I get Ella ?

Ella is available by prescription from your health care provider.

Visit www.planb.ca or
www.ellanow.com for more
information

**This is an
informational handout
only, if you have any
questions or concerns
contact
Planned
Parenthood Regina,
your family doctor,
a walk-in clinic,
or your
neighborhood
pharmacy.**

Side effects of EC

Some women may experience nausea, headache, fatigue, lower abdominal pain, or dizziness, and rarely vomiting, diarrhea, and breast tenderness with the use of oral emergency contraception.

Hours of Operation

Monday, Wednesday & Friday
9 a.m.- 5 p.m.
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday
9:00 a.m.—8 p.m.
(closed from 12:00-12:45 for lunch)

Saturday
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:
Closed

*We sell low cost contraceptives.
Debit/ Credit /Cash*

Emergency Contraception

Plan B

Ella

**Copper
IUD**

**Safe and
effective
ways to
prevent
pregnancy
after
unprotected
sex**

PLANNED
PARENTHOOD

1920 B Francis St.
Regina, SK

TEL: (306) 522-0902

Emergency Contraception

What are Plan B and Ella morning after pills?

Plan B and **Ella** are both emergency contraception in the form of 1 oral pill. Emergency contraception is a way to prevent pregnancy after unprotected sex

Emergency contraception prevents pregnancy BEFORE it begins, it has no effect on an established pregnancy.

Unlike other emergency contraceptive pills that contain both estrogen and progestin, **Plan B** contains only progestin and **Ella** contains only Ulipristal which acts like progestin in the body. As a result, they cause fewer side effects.

Copper IUD

Inserted up to 7 days after unprotected sex and is 99% effective for preventing pregnancy. See your health care provider for more information or visit our website IUD video "Get It and Forget It Birth Control". Cannot be used if risk of pregnancy exists.

When would I use EC?

Plan B (levonorgestrel) may be a good choice if you had unprotected sex one or more times within the last 72hrs (3 days), and you don't want to become pregnant. It is most effective within the first 24 hours. Planned Parenthood does offer Plan B up to 5 days after but it is far less effective.

Ella (Ulipristal) is effective up to 5 days (120 hours) and is more effective than Plan B within 24 hours of ovulation or if you weigh greater than 175lbs.

They should be used only in emergencies, such as when:

- You had unprotected sex.
- You were forced to have sex.
- Your contraceptive method failed
- the condom broke
- you missed 2 or more birth control pills in a row.
- you were late starting your pill pack, inserting your ring, or putting on your patch.
- you missed your Depo shot.

You should not use **Plan B** or **Ella** if you are already pregnant, have unexplained vaginal bleeding, or are allergic to an ingredient in the pills.

Emergency Contraception is not as effective as other contraceptive methods, and therefore is not recommended for regular use.

Are Plan B and Ella safe and effective?

- **Plan B** is safe and is 89% effective in preventing pregnancy when used correctly (less effective as time passes and with body weight >175lbs).
- **Ella** is safe and up to 90% effective when used correctly. **Ella** is more costly but more effective around the time of ovulation

How does EC work?

- Plan B and Ella may prevent pregnancy by temporarily stopping the release of an egg from a woman's ovary, or it may prevent fertilization of the egg.
- They may also prevent a fertilized egg from attaching to the uterus. *Plan B and Ella will not terminate an established pregnancy; they are not "abortion" pills.*

If Plan B or Ella don't work and I become pregnant, could it hurt the fetus?

- There is no medical evidence that Plan B or Ella would harm a developing fetus.
- If your period is more than a week late, or you haven't had a period within three weeks of taking emergency contraception it is possible that you're pregnant. You should have a pregnancy test done.