

## Important instructions



### BE QUICK!

For maximum effectiveness the emergency contraceptive or morning-after pill should be taken as soon as possible after unprotected sex.



### UP TO 5 DAYS AFTER!

The morning-after pill containing the active substance ulipristal acetate can be taken up to five days after unprotected sex at any time within the monthly cycle, but should always be taken as soon as possible.



### LATE PERIOD?

The morning-after pill may delay menstruation by a few days. A pregnancy test can allay any worries.



### SEX AFTER MORNING-AFTER PILL?

To be on the safe side, a reliable barrier contraceptive (e.g. a condom) should be used until the next menstruation, even if the contraceptive pill is being taken. The morning-after pill does not provide longer-term contraceptive protection.



### REGULAR CONTRACEPTIVE PILL?

The normal contraceptive pill can be continued as usual from one day after taking the morning-after pill. However, the normal contraceptive pill does not give contraceptive protection for the rest of this cycle. A barrier method of contraception, such as condoms, must therefore be used in addition until the next menstrual period. This applies for at least 14 days, during which the normal pill should be taken continuously for 7 days. When the normal pill is used with extended cycles or continuously, additional contraception is necessary for the next 14 days.



### VOMITING?

In rare cases, vomiting may occur. If vomiting occurs within three hours of taking the morning-after pill, another one should be taken.



### INFORMATION!

For more information about the morning-after pill, please consult the website: [www.pille-danach.de](http://www.pille-danach.de)

## Background information

### **Preventing unwanted pregnancy!**

To prevent pregnancy, sperm must be kept from coming into contact with a mature egg. Following ovulation, the egg cell is capable of being fertilised for roughly one day. Sperm are capable of fertilising an egg for up to five days; therefore even if intercourse takes place several days before ovulation, it can lead to an unwanted pregnancy.

### **What is the principle of the morning-after pill? How does it work?**

If ovulation has not yet taken place, the morning-after pill can delay ovulation by roughly five days, which means that fertile sperm cannot come into contact with the egg cell and a pregnancy can be prevented.

### **As quickly as possible!**

In order to ensure that ovulation is delayed, the morning-after pill must be taken as soon as possible after unprotected sexual intercourse. If ovulation has already taken place, the morning-after pill can no longer affect the outcome and pregnancy may result.

### **Ovulation cannot be precisely calculated in advance!**

It is not possible to calculate the time of ovulation precisely. Ovulation may occur early, in the middle of or late in the menstrual cycle and its timing can vary greatly from woman to woman. As the risk of falling pregnant is greatest during the two days leading up to ovulation, every hour counts.