

## Less experience and research data

The morning-after pill with ulipristal acetate was classified as safe and effective by the European Medicines Agency (the European regulatory authority). In contrast to the levonorgestrel preparations which have been proven safe and effective for many years, the data for the ulipristal acetate preparations is not yet extensive enough to undertake a final assessment.

## Longer period of use

The most important difference is that the newer morning-after pill with ulipristal acetate can be used for up to five days after an act of unprotected sexual intercourse.

## Mode of action

Like the previously available preparations, ulipristal acetate also prevents pregnancy mainly by delaying or preventing ovulation. However, ulipristal acetate can also prevent ovulation when it is taken immediately before ovulation. Levonorgestrel, on the other hand, prevents ovulation only if it is taken more than one day beforehand. Neither preparation can prevent a fertilized egg from implanting itself in the wall of the uterus.

## Higher costs

At 35 euros, the price for the newer morning-after pill is considerably higher than the price of the previously available preparations.

## Side effects

Based on available data, the side effects of both preparations appear to be comparable. However, there is

not yet enough data for ulipristal acetate to assess any long-term health risks.

## Unanswered questions

It is not currently possible to exclude damage to an embryo if a woman is already pregnant or becomes pregnant despite taking ulipristal acetate. However, the data and experience with similar substances to date do not give any indications of such damage.

Due to lack of data, we recommend that you do not take preparations with ulipristal acetate more than once during one menstrual cycle.

Due to lack of data, if you use it while you are nursing, we recommend that you pump the breast milk in the 36 hours after taking the morning-after pill and discard it.

## Interactions

Ulipristal acetate may impair the effectiveness of hormonal contraceptive products. This must be taken into account when women use the morning-after pill because they have made a mistake in the use of hormonal contraceptives. In such cases the use of additional means of contraception (condoms, for example) is recommended until the next menstrual period begins.

## Conclusion

Due to the significantly smaller amount of data available for ulipristal acetate preparations, it could be sensible to use this preparation primarily when it is too late to use a levonorgestrel preparation (more than 72 hours after unprotected sexual intercourse).

## What is the morning after coil?

The morning-after coil is a normal copper coil like those used for normal long-term contraception. A gynecologist inserts it into the uterus. Ask your doctor early whether this method is an option for you, especially if you have not had any children yet.

## When can the morning-after coil be inserted?

To prevent a pregnancy, you must have the coil inserted within five days after you've had unprotected sex. If you are already pregnant, have an infection in the genitourinary tract or have malformations in the uterus, it cannot be used.

## How does the morning after coil work?

The copper in the coil influences the environment in the uterus and ovaries. These changes impair the mobility of the sperm. The morning-after coil can also prevent the fertilized egg from implanting itself in the uterus.

## Where can I get the morning-after coil and how much does it cost?

The coil is prescribed and inserted by gynecologists. Costs range from 130 to 180 euros. For women up to 20 years of age who are insured with the statutory health insurance companies, the health insurance companies must pay for the costs by law.

However, in individual cases it may be difficult to enforce your claim.

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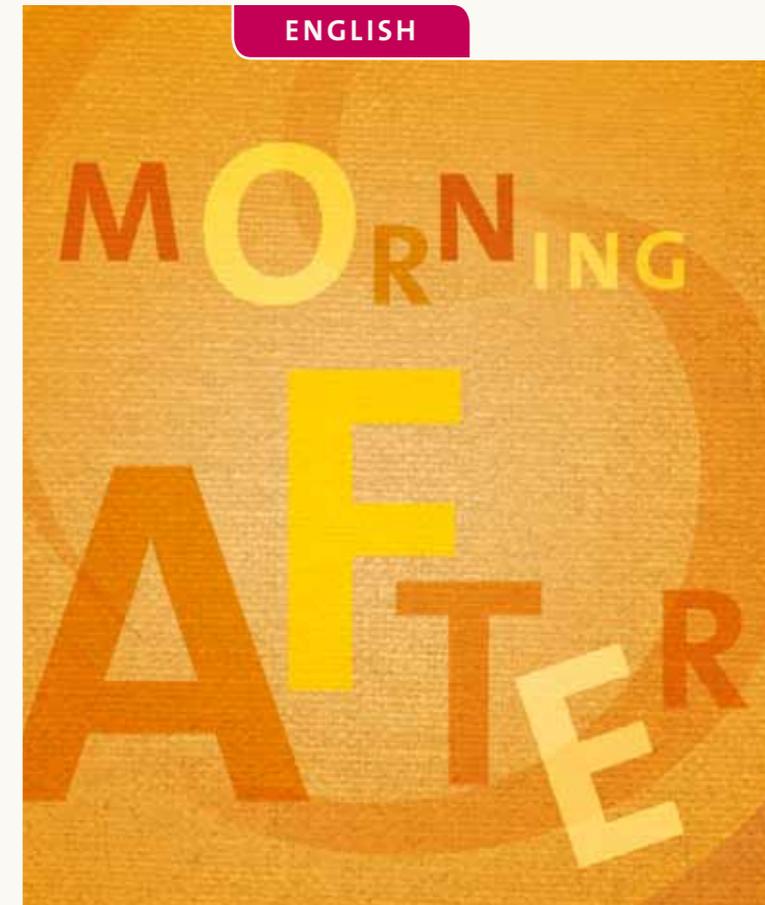
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Stempel der Beratungsstelle

# MORNING-AFTER PILL • COIL

Help after having  
unprotected sexual  
intercourse

ENGLISH



## What you can do when it happens

There is no ideal method of birth control that is 100 % reliable. Contraceptive failures can always occur. But even after having unprotected sexual intercourse, you may still be able to prevent a pregnancy. There are two methods of emergency contraception available: the morning-after pill or the morning-after coil (also called IUD)

### The morning-after pill

Depending on the preparation, you will have to take the morning-after pill within three to five days after the unprotected sexual intercourse.

### The morning-after coil

The coil can be inserted within five days after the unprotected sexual intercourse.

You can use the morning-after pill or the morning-after coil if you think you could become pregnant because, for example,

- the condom slipped or tore,
- the diaphragm was not used correctly or slipped,
- you forgot to take your contraceptive pill,
- severe vomiting or diarrhea may have impaired the functioning of your contraceptive pill,
- the functioning of the contraceptive pill was negatively affected by other medication you were taking,
- no contraception was used,
- or you were forced to have sex.

It is very difficult to predict how high the risk is that you will become pregnant after having sex without adequate contraception. If you do not want to become pregnant under any circumstances, it is better to take the morning-after pill than to hope that nothing happened.

The morning-after pill and the morning-after coil do not provide any protection against sexually transmitted diseases. Only condoms protect you from those.

## THE MORNING-AFTER PILL

### What is the morning-after pill?

Depending on the preparation, the morning-after pill contains either the hormone levonorgestrel or the active substance ulipristal acetate.

### How do I have to take the morning-after pill?

You should take morning-after preparations with levonorgestrel within 72 hours of having the unprotected sex. The sooner you take this emergency contraceptive pill, the more effective it will be. It is most reliable when you take it within 24 hours.

The preparation with ulipristal acetate can be taken up to five days after having unprotected sex.

If vomiting occurs within the first three hours after you take the pill, you must get another morning-after pill as soon as possible and take it again.

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

The most important effect of the morning-after pill is that it delays or even prevents ovulation. This makes it impossible to fertilize the egg. In addition, it may influence the transport of the egg and sperm to the ovaries. If an egg has already been fertilized, the morning-after pill can probably not prevent it from implanting itself in the wall of the uterus.

If a fertilized egg has already implanted itself in the mucous membrane of the uterus, the morning-after pill will no longer work. A pregnancy cannot be aborted with the morning-after pill.

### Can I use the morning-after pill as contraception over the long term?

We do not recommend using the morning-after pill for regular or long-term contraception for the following reasons:

- Other means of contraception (such as the pill, condoms, vaginal rings, etc.) are more effective and reliable.
- The morning-after pill is more expensive than other forms of contraception.
- Contraceptives that can be used over the long term are better tolerated by your body.

If you have to take the morning-after pill repeatedly, for example in two consecutive months, it is still medically safe.

### How reliable is the morning-after pill?

The earlier you take the morning-after pill, the more effective and reliable it is. If the morning-after pill is taken within 24 hours of unprotected sex, roughly 9 out of 10 possible pregnancies can be prevented. If it is taken on the third day after unprotected sex, i.e. 48 to 72 hours afterwards, preparations containing levonorgestrel can prevent roughly six out of ten possible pregnancies.

Morning-after pills containing ulipristal acetate may remain effective up to five days after you have unprotected sex. However, there is not yet enough data available to confirm this.

If your next menstrual period is more than one week late or if it is significantly lighter than usual, you should take a pregnancy test. If you use hormonal contraceptives

with which you do not have menstrual periods, you should take a pregnancy test three weeks after taking the morning-after pill.

### Does the morning-after pill have side effects?

The morning-after pill has no severe side effects. The most common side effect is a shift in the menstrual cycle. Your next period may come slightly earlier or later than expected.

Roughly every fifth woman suffers from temporary nausea after taking the morning-after pill; vomiting may occur. More rarely, headaches, dizziness, breast tenderness, abdominal pain or fatigue occur. These side effects usually go away within a few days.

The morning-after pill has no effect on later fertility.

### And after you take it?

The morning-after pill works only for a short time and retroactively. That means that you must use contraception (for example, condoms) every time you have sex in that cycle, even after you have taken the morning-after pill.

Women who regularly take contraceptive pills (the pill) must also use additional protection until the pill is working reliably again. This period of time may vary depending on the type of contraceptive pill you use. If you have taken a morning-after pill containing ulipristal acetate, please note that the effectiveness of hormonal contraceptive pills may be impaired. We therefore recommend that you use additional forms of contraception (such as condoms) until your next menstrual period starts.

## Where can I get the morning after pill?

In many European countries (and thus in many neighboring countries as well), you can purchase the morning-after pill with levonorgestrel without a prescription at any pharmacy.

In Germany all morning-after pills require prescriptions. You will need a prescription from a doctor in order to get the morning-after pill at a pharmacy. Any doctor can write the prescription (for example, your regular physician). On weekends, holidays or at night you can contact an emergency physician or the gynecological department in a hospital.

A gynecological examination is not required before taking the morning-after pill.

### How much does the morning-after pill cost?

The morning-after pill with levonorgestrel as the active substance costs approximately 17 euros.

The preparation with ulipristal acetate costs approximately 35 euros. The statutory health insurance companies will pay the costs for women up to the age of 20 years. Women who are 18 or 19 years old must pay a prescription fee of 5 euros.

### What are the differences between the preparations with levonorgestrel and those with ulipristal acetate?

The morning-after pill with levonorgestrel has been available in Germany since 2000, while the preparation with ulipristal acetate has been on the market since 2009.