

# PLAN B vs. ELLA



**PLAN B ONE-STEP**



**ELLA**

<b>WHAT FORM DOES IT COME IN?</b>	1 pill	1 pill
<b>WHAT IS THE ACTIVE INGREDIENT?</b>	Levonorgestrel	Ulipristal acetate
<b>DO I NEED A PRESCRIPTION?</b>	No	Yes
<b>WHEN SHOULD I TAKE IT?</b>	As soon as possible after unprotected sex* No more than 3 days after. *Sex refers to penis in vagina sex.	As soon as possible after unprotected sex* No more than 5 days after. *Sex refers to penis in vagina sex.
<b>HOW WELL DOES IT WORK</b>	Plan B is very effective, although less effective for people who weigh more than 165 lbs.	Ella is very effective. People with a BMI of 30 or higher (195 lbs) have a lower rate of effectiveness.
<b>HOW OFTEN CAN I TAKE IT?</b>	You can take it more than once, but it should not be used as a regular form of birth control.	Once per menstrual cycle.
<b>WHEN CAN I START HORMONAL BIRTH CONTROL?</b>	Right away.	Wait 5 days.

## You've got your Plan B ... What's your Plan A?

MFHS offers a wide range of confidential reproductive health services, regardless of age, income, or insurance coverage. Depending on your income, care is provided free or low cost. Visit [MFHS.org](https://www.mfhs.org) to learn more.

*\*People of any body weight can take Plan B or Ella. But they may be less effective for people with larger bodies.  
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