

COMBINED ORAL CONTRACEPTIVE FACT SHEET

HOW IT WORKS

The pill contains two hormones; estrogen and progestin. It protects against pregnancy by; preventing ovulation (the ripening and release of an egg from the ovary), thickens the cervical mucus, and thins the lining of the uterus. Read package insert for more information.

INSTRUCTION FOR USE

For new pill takers there are 3 different ways to start taking your birth control pills. We will discuss with you which way is going to work best for you and then instruct you on how to start your pills.

Whichever way you decide it is important that you can take 1 pill at the same time each day (within 2 hours) until you finish all the pills in the pack and begin a new pack the next day.

WHAT TO DO IF YOU TAKE A PILL LATE

1. We encourage you to review the information provided in the package insert.
2. Since no one knows at what point pregnancy could occur with late pills. We suggest that you use a second kind of birth control, condoms, even if only 1 pill is taken late.
3. You might have breakthrough bleeding if you take a pill late.
4. If you are late taking a pill, take it as soon as you remember.
5. If you are 24 hours late, take 2 pills at the same time.
6. If you miss 2 pills in a row, take 2 pills each day for 2 days.
7. If you miss 3 pills in a row, call the clinic for instructions on how to restart your pills. In the meantime, don't have intercourse or use another kind of birth control when you have intercourse.

WHEN YOU ARE SAFE FROM GETTING PREGNANT

We suggest use of condoms to protect you from sexually transmitted diseases. However, the packages insert reports you should be protected from pregnancy after your first 7 pills as long as you are taking them consistently at the same time

every day. You are protected from then on, even while taking the 7 "blank" pills.

IMPORTANT POINTS TO REMEMBER

1. The right way to take the pill is to take one pill every day at the same time. If you miss pills you could get pregnant. This includes starting the pack late. The more pills you miss, the more likely you are to get pregnant.
2. Many women have spotting or light bleeding, or may feel sick to their stomach, during the first 1-3 packs of pills. If you do have spotting or light bleeding or feel sick to your stomach, do not stop taking the pill. The problem will usually go away. If it doesn't go away, call the clinic.
3. Missing pills can also cause spotting or light bleeding, even when you make up these missed pills. On the days you take 2 pills to make up for missed pills, you could also feel a little sick to your stomach.
4. If you have vomiting or diarrhea, for any reason, or if you take some medicines, including some antibiotics, your birth control pills may not work as well. Use a back-up birth control method, condoms or spermicide, until you check with the clinic.
5. If you have trouble remembering to take your pills, contact the clinic to talk about how to make the pill taking easier or about using another method of birth control.
6. If you have any questions or are unsure about the information we have provided you, please call the clinic.

BENEFITS

1. 92% effective for typical users, meaning 80 women out of 1000 will become pregnant in the first year of use. 99.7% effective for perfect users, meaning 3 women out of a 1000 will become pregnant in the first year of use.
2. Makes the menstrual cycles regular; menstrual cramping and blood flow may be reduced.

3. Less chance of ovarian cysts, breast cysts, cancer of the uterus and ovaries, and pelvic inflammatory disease.
4. Less iron deficiency anemia.
5. Reduces risk of ectopic pregnancy.
6. Your complexion may improve.
7. Current low dose pills have very few side effects.

POSSIBLE MAJOR SIDE EFFECTS

- Blood clots in the lungs, brain (stroke), or legs
- Heart attack

Call us at 563-382-8436 or 1-866-742-3226 or your doctor right away if you have any of the WARNING signs listed below:

- A * Abdominal pain (severe)**
- C * Chest pain or shortness of breath**
- H * Headaches (severe)**
- E * Eye problems (blurring, loss of vision, flashing lights)**
- S * Severe leg pain or swelling (calf or thigh)**

Some of these problems may cause death. THE CHANCE IS VERY SMALL FOR A YOUNG, HEALTHY WOMAN. She is more likely to die from a car accident, giving birth, or being a pack-a-day smoker than she is from the pill. You may have a higher chance of having serious problems with the pill if you:

- Have high blood pressure
- Are 35+ over
- Have diabetes
- Have high cholesterol
- Have migraine headaches
- Smoke cigarettes

OTHER MEDICAL PROBLEMS THAT ARE REASONS TO STOP TAKING THE PILL

If you are seeing a doctor for any reason, tell him/her that you are on the pill.

You should not be taking the pill if you have any of the following:

- ❖ Long leg cast
- ❖ Major leg surgery
- ❖ Any surgery that will put you in bed for a few days
- ❖ Cancer of the breast or uterus

Discuss pill use with your doctor if you have the following:

- Mononucleosis (Mono)

- Hepatitis
- Diabetes
- Epilepsy

POSSIBLE MINOR SIDE EFFECTS

1. Light bleeding between periods (breakthrough bleeding)
2. Breast soreness
3. Small weight gain or loss; fluid retention
4. Sick to your stomach (try to take with food)
5. Moodiness or depression
6. Sex drive changes

These may happen in the first 2 or 3 months on the pill. Many women NEVER have any of these side effects. If these problems last longer than 2 or 3 packs, a pill change will usually help. Call the clinic.

MISSED PERIODS DON'T ALWAYS MEAN PREGNANCY

Even light spotting is considered to be a period if it is at the proper time. It is not unusual for pill users to miss a period now and then. If you miss a period, call us.

PREGNANCY AND THE PILL

1. If you want to become pregnant, stop taking the pill at the end of a pack. Use another method until you have had one regular menstrual cycle.
2. After stopping the pill, menstrual periods might be late. If they aren't back to normal after a few months, your regular doctor may need to evaluate you.
3. Using the pill does not change your chances of getting pregnant once you go off.
4. Stop taking birth control pills if you have had a positive pregnancy test.

***Birth Control Pills do not provide protection from Sexually Transmitted Diseases (STD). If you are not in a long-term sexual relationship with one partner we recommend consistent use of female or male condoms.

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