

How Will My Period Be Affected?

- If you miss pills, you may become pregnant and you may also have some break-through bleeding.
- If you miss your pills, refer to the package insert for instructions on what to do next.
- Many women have shorter, lighter periods when taking the pill. As long as you take your pills on time each day and do not miss any pills, many women will have shorter, lighter periods.
- If you miss two periods, or if you have missed pills and do not have a period, call the public health department and ask the nurse if you need to have a pregnancy test.

Pill Warning Signs

You have chosen the progestin-only pills as your method of birth control. Health problems with progestin-only pills are rare. The following are warning signs of problems. Remember the initials **"ADRP."**

- A** Abdominal pain
- D** Delayed period after several months of regular cycles
- R** Repeated, very severe headaches
- P** Pill taken too late (more than three hours past normal time)

If you experience any of these warning signs, call your health care provider as soon as possible.

Progestin-only pills are a very good method when used appropriately. No method is 100% effective, except for abstinence (not having sex).

If you have any questions, call:

1-855-472-3432



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BIRTH CONTROL METHODS

Taking Progestin-Only Birth Control Pills



Starting Your Pills

- ☑ **Quick Start** - Start your pills today if you are not pregnant and have not had unprotected sex since your last period.
- Use a back-up method of birth control each time you have sex until you start your pills and **during the first week (seven days) of your first pack of pills.**
- Back-up methods of birth control include condoms and contraceptive film or foam.
- Some women have spotting or breakthrough bleeding when they take the first 2-3 packs of pills. If you have spotting or breakthrough bleeding for longer, call the public health department and talk to the nurse.
- Read the package insert that comes with your pill pack.



Taking Your Pills

- Take one pill by mouth every day. It is very **important for you to take your pill at the same time every day!** It may help you remember to take your pill if you associate it with something you do at the same time every day, like brushing your teeth.
- If you have a cell phone, set an alarm to remind you take to your pill every day.
- Check your pill pack to be sure you took your pill the day before.
- As soon as you finish one pack of pills, start the next pack of pills the very next day. Never miss a day when you are taking pills.
- Mark your calendar to remind yourself when to start your next pack of pills. Some women mark their calendars each day after they take their pill.
- Use a back-up method of birth control if any of the following happen:
 - ▶ You miss taking a pill.
 - ▶ You are late starting your new pill pack.
 - ▶ You have severe vomiting or diarrhea.
 - ▶ You have break-through bleeding or spotting
- You may need to use a back-up method if you start taking certain medicines. Ask your health care provider or pharmacist if you need to use a back up method before starting a medication. This includes over-the-counter medicines and herbal products.

You do **NOT** need to take a “rest” from birth control pills. **If you stop taking your pills, you are not protected from getting pregnant!**

If you decide to stop taking your pills, you should talk to your health care provider about **alternative methods of birth control** to protect you from getting pregnant.

Birth control pills DO NOT protect you from HIV, AIDS, or other sexually transmitted diseases. Always choose your partner carefully and use a condom.

