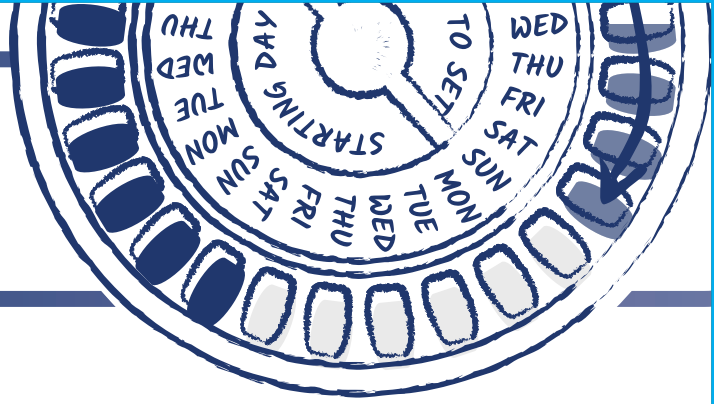


COMBINED HORMONAL PILLS



How do I take the Pill?

- Take your first pill right away.
- Take the next pill in the pack at the same time the next day. Don't skip any pills.
- Take the pill whole. Do not crush, chew, or dissolve.
- Use a backup method for 7 days when you first start taking pills.

Standard-Cycle

- Pills that have hormones are taken for 21–24 days in a row, followed by 4–7 hormone-free pills. Bleeding or spotting may happen during hormone-free days.

Continuous-Cycle

- Pills that have hormones are taken every day. There are no hormone-free days.

Extended-Cycle

- Pills that have hormones are taken for a longer period, typically 3 months. Then, hormone-free pills are taken for a short period. Bleeding may happen during the time you take hormone-free pills.

What if I miss a pill?

Your chance of getting pregnant goes up if you miss a pill.

Miss 1 pill: Take your pill as soon as you can. Take next pill at the normal time.

Miss 2 pills or more: Take your pill as soon as you can. Take next pill at the normal time.

- Use a backup method for at least 7 days after you take your missed pill.
- Use a backup method or emergency contraception if you have unprotected sex.

Common benefits & side effects

Most people do not experience side effects, while others may. All possible side effects are not listed.

- | | |
|-------------------------------------|----------------------------|
| • Lighter or more regular bleeding | • Headaches |
| • Breakthrough bleeding or spotting | • Nausea |
| • Breast tenderness | • Bloating |
| | • Increased blood pressure |

Warning Signs: ACHES

If you have any of these symptoms, call your clinic as soon as possible.



Abdominal Pain



Chest Pain



Headache- Severe



Eye Problems



Swelling in legs

COMBINED HORMONAL PILLS

prevent pregnancy by:



Stopping the egg from being released



Changing the uterine lining



Thickening the cervical mucous to stop sperm



Combined hormonal pills are made up of hormones that are similar to ones made by your body.



The chance of getting pregnant is low when taking birth control pills. 7 out of 100 people will get pregnant each year with typical use.



When you stop taking the pill, your chance of getting pregnant will be the same as it was before taking the pill.



Some medications can decrease how well your birth control works. Talk to your provider about medications you take.



Birth control pills do not protect against STIs or HIV. Always use a condom for protection.

RETURN TO CLINIC:

- For yearly check-ups
- If you want to change your method
- If you are concerned about side effects

NOTES: