

# ADVANCED OBSTETRICS & GYNECOLOGY

*“Comprehensive Healthcare for Women”*

## Oral Contraceptive Instructions

### **How do I start the pill?**

Be a “Sunday” starter! To begin your first pack of pills, wait for your period to start. If the first day you have bleeding (even spotting) is on a Sunday, start your pill pack that day. If your bleeding starts any other day of the week, wait for Sunday to take your first pill. Finish all of the pills in the pack. Every month you will start a new pack on a Sunday.

Try to take your pills around the same time each day. Establish a routine! Women often find it easiest to put their pills near their toothbrush brush, and take the pill each morning when they wake and brush their teeth.

Mild nausea is common the first month, and usually goes away by the second pack of pills.

Use condoms during the first month you take your pill, as the first pack of pills does not provide reliable contraception.

### **What changes in my bleeding pattern are expected?**

Your pill pack may have 24 active pills and 4 inactive pills – or – 21 active pills and 7 inactive pills. It is common to have “breakthrough bleeding” during the first two months (bleeding when taking the active pills). By the third month, bleeding should only occur when taking the inactive pills.

While taking oral contraceptives your periods will progressively get lighter and shorter. Approximately 3% of women will have no bleeding at all. While that is completely safe, we recommend that if you have no menstrual bleeding at all, that you should check a urine pregnancy test before each new pack of pills.

### **What about missed pills?**

Try to take every single pill in each pack to get the best contraceptive effect.

If you miss one pill during the pack, take two pills the next day.

If you miss two consecutive pills, take two pills per day for two days. Use condoms for the rest of the pack. In addition, irregular bleeding may occur.

If you miss three pills in a row, use condoms and call for advice.

### **What about taking pills with other medications?**

Some medications cause the birth control pill to be less effective. For instance, when you are on antibiotics, it’s a good idea to use condoms to be safe. Let us know if you start taking a new medication.

### **What about sexually transmitted infections?**

Oral contraceptives do not protect you from sexually transmitted infections. Always use condoms if you may be at risk of a sexually transmitted disease. Safe sex practices are key!

WE HIGHLY RECOMMEND THAT YOU READ THE INFORMATION PAGE (PACKAGE INSERT) THAT IS INCLUDED WITH YOUR PRESCRIPTION FOR A FULL DESCRIPTION OF THE RISKS OF USING THE BIRTH CONTROL PILL AND FURTHER ADVICE TO HELP YOU TAKE THE PILL PROPERLY.