



DIRECTIONS FOR THE USE OF ORAL CONTRACEPTIVES (THE PILL)

The birth control pill is 99% effective in preventing pregnancy if taken correctly. Birth control pills DO NOT protect you from sexually transmitted diseases.

Begin taking your pill on the first day of your menstrual cycle, whatever day of the week that happens. Use a back-up method (condoms) or abstain from intercourse for the first 7 days on the pill. You can also start your pill on the first Sunday after your period starts so that you will never get your period on a weekend.

If you miss one pill, take it as soon as you remember. If you don't remember until the next day, take two at the same time. If you miss more than one pill, abstain from intercourse or use another method of birth control for the remainder of that pill cycle.

Your period should be lighter, shorter and less painful on the pill. If you skip a period completely, call us to discuss.

It is not unusual to have "break-through bleeding" (bleeding between your periods) on the pill. If the BTB increases, persists, or becomes more frequent call us to discuss. Some women also experience mild breast tenderness and mild nausea on the pill. Call during office hours to discuss if you experience these symptoms severely and need to change your pill.

The pill can be associated with the following medical conditions: **blood clot, heart attack, stroke, high blood pressure, gall bladder disease, liver disease.** You can reduce your risk of a blood clot, heart attack, high blood pressure, and stroke by not smoking cigarettes while you are taking the pill. The pill is not recommended for smokers who are 35 or older.

The side effect profile and risk factors for the pill are the same for the Patch and Nuvaring also.

CALL AT ONCE IF YOU EXPERIENCE THE FOLLOWING:

- PAIN/SWELLING IN LEG
- CHEST PAIN
- SHORTNESS OF BREATH
- BLURRY OR DOUBLE VISION
- NEW ONSET OF SEVERE HEADACHES
- NUMBNESS OR TINGLING OF YOUR ARMS OR LEGS
- SEVERE ABDOMINAL PAIN
- HEAVY VAGINAL BLEEDING (soaking through more than 1 pad/tampon in an hour)

The only reasons to discontinue the pill are:

- Want to get pregnant.
- Serious side effect.
- No longer a need for birth control.

NOTE: We do not refill birth control pills on the weekends or after hours – please call during office hours and stay up to date on your exams and your refills. We also do not call in prescriptions to pharmacies during office hours. We can mail a prescription to your home or you may pick it up from our office if you call ahead and request it.