

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING
COMBINED ORAL CONTRACEPTIVE (BIRTH CONTROL PILL) FACT SHEET

The pill contains two hormones estrogen and progestin – similar to the hormones produced by a woman's body. These hormones prevent ovaries from making an egg, preventing pregnancy. These hormones also create a mucous plug to slow sperm coming through the vagina.

Effectiveness:

- 99.9% effective when taken every day at the same time.

Use:

- Start the pill the first Sunday after your period starts. (Same-day starts may be indicated with clinician approval.)
- If your period starts on Sunday, start the pill that same day.
- Take the pill at the same time every day.
- Use another method of birth control for seven (7) days after you start the pill.
- If you forget to take your pill, take it as soon as you remember.
- If you don't realize it until the next day, take both pills at the same time.
- Use another method of birth control for seven days if this happens.
- If you forget two (2) pills, take two (2) pill for two days.
- Use another method of birth control for seven (7) days if this happens.
- If you forget for three (3) or more days, you may get pregnant.
- If you have had unprotected sex after missing three (3) pills, call the clinic about emergency contraception.

Benefits:

- Predictable menstrual cycles, with decreased cramping and blood loss.
- Decreased acne.
- Decreased risk of ectopic (tubal) pregnancy.
- Reduction of menstrual-related PMS.
- Reduced chance of ovarian cysts, ovarian cancer, and cancer in the lining of the uterus.

Side Effects:

- Nausea
- Breast tenderness
- Headaches – if severe call the clinic immediately
- Spotting between periods – will usually stop in 2 to 4 cycles. If it does not stop, call the clinic.
- Missed periods – do not stop taking the pill.
- Mood changes and changes in sex drive.
- Increase vaginal secretions. If you notice burning, itching, or an odor, call the clinic.

Warning Signs:

- A – severe Abdominal pain
- C – severe Chest pain
- H – severe Headache
- E – Eye problems; blurring spots before the eyes, blindness
- S – Severe leg pain

*** IF YOU EXPERIENCE ANY OF THESE SIGNS, GO TO YOUR NEAREST EMERGENCY ROOM**

Risks and Complications:

- Heart attack
- Stroke
- Blood clots
- High blood pressure

REMEMBER, COMBINED ORAL CONTRACEPTIVES DO NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.

Visit our website: www.sanilachealth.com



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