

Important Information

- With perfect use less than 1% of women will get pregnant in first year of use. With typical use (includes incorrect or inconsistent use) about 9% of women will get pregnant in first year of use.
- If you vomit within 1 hour of taking your pill or if you have severe diarrhea, use a back-up method of birth control for the next 7 pills.
- A few medications may interfere with your pills. Always use a back-up method of birth control until you have discussed with your health care provider.
- If you are planning a pregnancy, stop taking your pills at the end of the package. There is no medical reason to wait any length of time to try and become pregnant.
- The pill does not protect you from sexually transmitted diseases or HIV
- Have a back-up birth control method in case you forget to take a pill or become ill

Pill danger signs

- Severe abdominal pain
- Severe chest pain or shortness of breath
- Severe headaches
- Blurred vision
- Severe leg or arm pain

These symptoms may be related to a stroke, heart attack or blood clot in a vein and should be evaluated.

Call our clinic immediately or go to the emergency room if you have any of these symptoms.

Sexual Health Clinic Sites

If you have any questions or concerns, please call the clinic.

Westminster office

1401 W 122nd Ave.
Westminster, Co 80234
(303) 255-6222

North Broadway office

7000 North Broadway #400
Denver, CO 80221
(303) 439-5980

**For after-hour emergencies, call
911 or go to your nearest
emergency room**

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Extended

Cycling



Birth Control

Pills

Sexual Health Clinic



ADAMS COUNTY
HEALTH DEPARTMENT
Your Health. Our Mission.

Adams County services are provided without regard to age, race, gender, sexual orientation, color, religion, national origin, disability, veteran status or any other status protected by state law.

**Things to remember
with extended cycling:**

Extended cycling safely adjusts your period from every month to **every 13 weeks (4 times a year)**.

In each cycle you will use 4 packs of birth control pills and take 84 "active" pills that contain hormones and seven "reminder" pills which contain no hormones.

Take one pill in order at the same time every day.

- For 1st pack, only take the first 3 weeks of pills. Do not take the 4th week. Start the second pack instead.
- For the second pack and third pack, take the pills the same way you took the 1st pack.
- For the 4th pack, take all of the pills in the pack, including the last week of "reminder" pills.
- Your period should begin sometime during the 13th week of pills (reminder pills). Your periods may be shorter and lighter. Your period may last only 1 to 2 days.
- It can be normal to miss a period while on the pill. If you miss your period, continue taking your pills and call the clinic.
- It is usually best that you do not stop taking the pill in the middle of the package unless you are advised to do so by your health care provider.
- Do not give your pills to a friend. The prescription is for you and is prescribed to fit your medical history.

When you first begin taking

birth control pills:

Use a back-up method of birth control until you have finished the first 7 pills of your first package.

- For 2 to 3 months after starting the pill, you may notice the following symptoms while your body adjusts to the hormones in the pill:
 - Breast tenderness, spotting or breakthrough bleeding, nausea (may help to take the pill with food or at bedtime). If symptoms last longer than 3 months, call the clinic.

What to do if you missed taking a pill:

See the table below for instructions.

- The pill is most effective when it is taken at the same time every day.
- A pill is considered missed if it has been 24 hours or more since your last pill was taken.
- If you miss pills, you may have some spotting or breakthrough bleeding. Do not stop taking the pill.
- Emergency contraception is used within 5 days of having unprotected intercourse and is available at the clinic if needed.

When you...	What to do	7 day back-up method (condoms) or abstinence needed?	EC needed?
Missed <u>1</u> pill BUT remembered to take it within 12 hours of the time you normally take it	Take the pill (less than 12 hours late) and take all the rest of the pills in the pack at their usual time	No	No
Missed <u>1</u> pill for <u>more</u> than 12 hours past when you normally take it	Take missed pill immediately and take all the rest of the pills in the pack at their usual time	Yes	No
Missed more than 1 pill and have <u>at least 7 active pills left in the pack</u> (Active pills are the first 21 pills in a pack)	Take today's pill and the last pill missed immediately (you will take 2 pills in one day) take all the rest of the pills in the pack at their usual time	Yes	Possibly. Contact clinic to discuss Need for EC.
Missed more than 1 pill and have <u>7 or fewer active pills left in the pack</u> (Active pills are the first 21 pills in a pack)	Take today's pill and the last pill missed immediately (you will take 2 pills in one day) Take the rest of the <u>active</u> pills at your normal time BUT skip the spacer pills (usually the last week in the pack) and start a new pack without interruption. (Active pills are the first 21 pills in a pack)	Yes	Possibly. Contact clinic to discuss Need for EC.
If you have any questions call your clinic to speak with a nurse!			
(phone numbers on back of brochure)			