

# Things to remember when taking the Pill:

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.

The hormone progestin thickens cervical mucus so sperm can't get into the uterus. It also keeps your ovaries from releasing an egg in some menstrual cycles.

If you vomit within 1 hours of taking your pill or if you have severe diarrhea, you should follow the instructions on the inside for 1 missed pill.

A few medications may interfere with your pills. Always use a condom with all sex until you have discussed with your health care provider.

If you want to stop your pills to become pregnant there is no medical reason to wait any length of time after stopping the pills to try and become pregnant.

If you are taking this pill because you are breastfeeding, you may be able to change to a different birth control pill once you are weaning the baby or no longer breastfeeding.



## Sexual Health Appointment Line

303-363-3018

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, go to urgent care, the nearest hospital or call 911.**

*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.*



# What You Should Know About the Progesterone only Pill



Adams County Health Department

<https://adamscountyhealthdepartment.org/sexual-health>  
303-363-3018

## Sexual Health Program



ADAMS COUNTY HEALTH DEPARTMENT

Your Health. Our Mission.

Protecting, promoting, and improving the health, environment, and quality of life in Adams County



## Things to remember when taking the Pill:

- Take a pill at the same time every day.
- Because this pill only has the hormone Progesterone, it is especially important to take them at the SAME time every day.
- All of the pills in the pack contain hormones, there are no spacer pills. Always take all of the pills in every pack.
- It is NORMAL to have irregular periods and/or spotting while taking these pills. Some people may have no period at all.
- 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.
- Have a back-up method of birth control to use in case you miss a pill or become ill.
- If you do wish to change to a different pill or to a different method, call the clinic.

## When you first start taking birth control pills:

- If you start the pills within 5 days of a normal period, no back-up method is needed.
- Start anytime and use a back-up method of birth control (condoms) until you have finished the first 2 pills of your first package.
- See the table below for instructions. A pill is considered late or missed if it has been more than 3 hours past your scheduled time to take your pill.

## 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 more than 3 hours past your scheduled time to take your pill.
- If you miss pills, you may have some spotting or breakthrough bleeding. Do not stop taking the pill.
- Emergency contraception may be recommended, call the clinic if you have questions.

Please call the clinic if you have questions			
Number of pills missed/late	What to do when you realize pills have not been taken	2 day back-up method (condoms) needed?	EC needed if a back-up method not used?
1	Take late or missed pill as soon as possible and continue with the rest of the pills in the pack at your scheduled time.	Yes	Yes
2 or more	<ul style="list-style-type: none"> <li>- Take the last pill that was missed as soon as possible</li> <li>- Take the next pill on time</li> <li>- Throw out the other missed pills</li> <li>- Take the rest of the pills in the pack on schedule</li> </ul>	Yes	Yes