

SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

COMBINED ORAL CONTRACEPTIVE (BIRTH CONTROL PILL) FACT SHEET

The pill contains two hormones estrogen and progesterin – 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 you 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 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 2 pills, take 2 pills for two days.
- Use another method of birth control for 7 days if this happens.
- If you forget for 3 or more days call the clinic.

BENEFITS:

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

DISCONTINUATION:

- If you miss three or more pills you may get pregnant.
- If you have had unprotected sex after missing three pills, call the clinic about emergency contraception.
- When you stop taking the pill, you will return to your normal fertility in 2 weeks.

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
- Increased 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.

RISKS AND COMPLICATIONS:

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

Remember, Combined Oral Contraceptives do not protect against any sexually transmitted disease, so it is important to use condoms each time you have sex.

Visit our website: www.saginawpublichealth.org



SCDPH FAMILY PLANNING PROGRAM RECEIVED TITLE X FEDERAL GRANT SUPPORT.

Reference: Hatcher, R.A., etal, (2007) Contraceptive Technology (19th Edition)
New York, NY: Irvington Publishers, Inc.