

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

PROGESTIN-ONLY PILLS (MINIPILLS) FACT SHEET

SAFETY:

- Very safe

EFFECTIVENESS:

- 95% with consistent and correct use.

USE:

- One pill daily at about the same time; no hormone-free week.
- Use back-up method for at least 2 days if you miss a pill by three hours or more.

BENEFITS:

- Safe for most women even those who cannot use contraceptives with estrogen.
- Less menstrual cramps and pain.
- Less bleeding.
- Less premenstrual syndrome.
- Less breast tenderness.
- Immediately reversible.

DISCONTINUATION:

- Lower abdominal pain.
- Repeated severe headaches.
- Delayed menstruation after several months of regular cycles.

SIDE EFFECTS:

- Unpredictable menstrual bleeding; irregular bleeding pattern.
- Possible for period to stop.

RISKS AND COMPLICATIONS:

- No protection against sexually transmitted infections.
- Possible depression.
- Not effective if not taken consistently and correctly.

Remember, Progestin-Only Pills do not provide protection against sexually transmitted diseases, 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., et al, (2007) Contraceptive Technology (19th Edition)
New York, NY: Irvington Publishers, Inc. 1/07Rev.2/09 & 6/09