

# WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN

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## ORAL CONTRACEPTION

The name of your birth control pill is: \_\_\_\_\_.

You are **not** to take oral contraception if you smoke, have strong family history of blood clots or bleeding disorder. Make sure you start on the designated start day you choose. Take your pill at the same time everyday. Take it in conjunction with something else you routinely do.

You should have a period about 2-4 days after you have taken the last hormone pill, not the placebo pills.

### MISSED PILLS:

If you only miss one pill during your cycle, you will probably not bleed or get pregnant. If you miss two or more pills you will likely have break through bleeding and are at risk for pregnancy so use a backup method like condoms, jellies or foams.

- If you miss one pill, take it as soon as you remember even if it is a day later.
- If you miss 2 pills in a row, take them as soon as you remember together and take the 3<sup>rd</sup> pill at the regular time. Use a backup method for the rest of the cycle.
- If you miss 3 pills in a row don't take any, use a backup method and wait until you have a period. Then start over again with a new pill packet.

### IMPORTANT INFORMATION:

- The first month you are not completely protected from pregnancy so use a backup method.
- Oral contraception will prevent pregnancy if taken properly **but will not** prevent sexually transmitted infections.
- Antibiotics, antacids and anti-seizure medications may decrease the effectiveness of the birth control pill so use a backup method as well.

### SIDE EFFECTS:

- Nausea, vomiting and diarrhea. Take it at night and with milk.
- Spotting /bleeding keep taking your pill, don't miss a pill.
- Tender breasts
- Weight gain or loss
- Increase or decrease in acne
- Increase or decrease in sex drive
- irritability or mood changes

If these side effects, which are normal, bother you too much please call our office before you stop taking them.

### WARNING SIGNS AND SYMPTOMS:

- Severe- headache, eye pain, chest pain, stomach pain, leg pain
- Coughing up blood
- Shortness of breathe
- Slurred speech
- Blurred vision
- Weakness on one side of body

You may have developed a blood clot in your body. This is a very rare and low risk especially if you are healthy and a non-smoker with no family history of blood clots but may happen. **PLEASE STOP TAKING THE PILL AND CALL OUR OFFICE OR GO TO THE NEAREST EMERGENCY ROOM.**