



Oral Contraceptive Instructions

The Name of your pill is _____

To start the pill: Wait until your next normal period. Start the pill the Sunday after your period begins. If the first day of your period is Sunday, start the pills that same day. If your period begins on Monday, Tuesday, Wednesday Thursday, Friday or Saturday, begin taking your pill on the Sunday that is coming up. It is ok to start the pill while you are still bleeding.

Take one pill each day at approximately the same time. To decrease the possible side effects, take it before bedtime or in the morning. When you finish one pack, start the next pack the very next day. This means you will be taking pills even during the days you have your period.

Protection from pregnancy while using oral contraceptives is excellent if you take them properly. **You are not protected from pregnancy the first month of pill use.** During the first month use a condom to protect from pregnancy. Always use a condom to protect from STD's, as birth control pills do not prevent sexually transmitted diseases.

Your period should come sometime during the last week of pills. You may have only light brown spotting and this is normal. If you do not get your period, but have taken the pills appropriately, begin your next pack. If you miss two periods, call the office.

During the first 3 (three) months, of taking the pill, you may experience some spotting or break-through bleeding. This is bleeding that occurs outside of the fourth week of pills. Break-through bleeding can also occur if you missed pills. Other common side effects noted when first starting the pill are bloating, nausea, slight weight gain and breast tenderness. These side effects usually subside by the third pack of pills, so **do not stop taking your pills if these symptoms occur.** If these problems persist, or are severe, then call the office during regularly scheduled hours, so that we can switch your pill or discuss other contraceptive options.

The following medications decrease the effectiveness of the pill: rifampin, griseofulvin, phenytoin, ethotoin, mephenytoin, phenobarbital, primidone, carbamazepine and ethosuximide. If you take any of these medications or are placed on them after starting the pill please notify our office as we may need to increase the dose of your pill or change you to another form of contraception.

The following antibiotics possibly decrease the effectiveness of the pill: tetracycline, doxycycline, penicillin (ampicillin) and barbiturates (sometimes used for migraine headaches), if you take any of these medications use a condom to insure adequate protection from pregnancy.

If you forget to take a pill:

- If you forget one pill: Take the forgotten pill immediately and the next pill at the usual time. If you don't remember until the next day, take two pills at once.
Never take more than two pills in one day.
- If you forget two pills in a row: Take 2 pills daily for the next two days. Use condoms with foam along with the pill for the rest of the month.
- If you forget three or more pills: Throw the forgotten pills out and take one pill a day. Use a back up method along with the pill, like condoms & foam.
- Any time you forget a pill, you will likely get break-through bleeding.

If you have any problems please call us during regularly scheduled office hours at 876-5512 : especially if you have blurred vision, vision loss, severe headache, dizziness, severe abdominal pain, chest pain, shortness of breath, or persistent pain in the leg or thigh. Cigarette smoking can enhance these problems. It is recommended that women who use the pill do not smoke.

*** Call the office for refills BEFORE you run out ! 876-5512**

We will **NOT** call in a prescription refill for anyone over the weekend, or if the office is closed. It is necessary to review your chart prior to authorizing any prescription refill.