

Progestin-Only Contraceptive Pills Info Sheet

Progestin-only birth control pills are a type of oral contraceptive pill that contains a synthetic version of the hormone progesterone that is used to prevent pregnancy. Progestin-only contraceptive pills are taken every day at the same time. With typical use, these methods are about 91% effective at preventing pregnancy. With perfect use (using the method exactly as directed), this method of birth control is 99% effective. This method typically starts protecting the user from pregnancy after 7 days of use. If at any point you stop using your birth control method, you will no longer be protected from pregnancy.

Do NOT use this form of birth control if you are pregnant or think you might be pregnant, if you have a serious liver disease or liver growths, known or suspected breast cancer, recent blood clot(s) in your legs, lungs, or eyes, or if you are allergic to any of the ingredients. Some medications, herbal supplements, etc. may make progestin-only pills less effective. Talk to your healthcare provider about all medications/herbal supplements you take to make sure that this method is right for you.

How to Use:

- It is extremely important to take your pills at the same time every day. If you are more than 3 hours late to take your pill, it will be less effective.
 - If you are more than 3 hours late for your pill, take it as soon as you remember and use condoms, abstinence, etc. for 2 days.
 - If you miss a day completely, take your next scheduled dose, and use another contraceptive method such as condoms, abstinence, etc. for 1 week.
 - If you were prescribed a progestin-only pill called Slynd, instructions for what to do about missed pills may vary slightly as opposed to other progestin-only pills. Please read the insert included with your medication.

Benefits:

- Progestin-only contraceptive pills are often used for people looking to prevent pregnancy who cannot take combined hormonal contraceptive pills. People with high blood pressure, people with migraines accompanied by visual disturbances, etc. may benefit from taking a progestin-only pills as opposed to a combined hormonal contraceptive pill.
- Combined hormonal contraceptive pills contain synthetic versions of the hormones progesterone and estrogen. Some people are unable to take estrogen for a variety of reasons.

Risks:

- Irregular or unpredictable vaginal bleeding (heavy or light)
- No vaginal bleeding
- Breast tenderness
- Headaches

If you experience any of the following, please contact your physician immediately:

- Sharp pain in the chest or arms
- Sudden shortness of breath/difficulty breathing
- Unusual swelling in legs or arm
- Unexplained fever/chills