



THE PROGESTOGEN-ONLY CONTRACEPTIVE PILL

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You can start the progestogen-only pill any time in your menstrual cycle if it is certain that you are not pregnant.

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Take one tablet **EVERY** day

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Choose a convenient time to take your pill and take it at the **SAME TIME** every day.

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There are **NO BREAKS** between pill packs

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Your pill is **IMMEDIATELY** effective if started on the first day of your period.

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If you are advised to start it on any other day you need to use **CONDOMS** or **AVOID SEX** for the first 48 hours.

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There is a **12 HOUR WINDOW** for each pill. For example, if you take your pill at 8am you have until 8pm to remember it.

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If your pill is more than **12 HOURS LATE** or you are sick less than 2 hours after taking it, this is a **MISSED PILL** and your pill might not work.

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If this happens, take a pill immediately and then continue your normal routine. You must also use **CONDOMS** or **AVOID SEX** for **48 HOURS** until the pill is fully active again.

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If you might have had 'unprotected sex' following missed pills, seek advice on whether **EMERGENCY CONTRACEPTION** is also required.

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SICKNESS, DIARRHOEA and **SOME OTHER TABLETS** can stop your pill working properly

PLEASE SEEK ADVICE IF YOU PLAN TO TAKE NEW MEDICATION WHETHER IT IS PRESCRIBED OR BOUGHT OVER THE COUNTER. ALWAYS READ THE MANUFACTURER'S PRINTED INFORMATION LEAFLET FROM INSIDE THE PACKET. YOU CAN USE AN APP AS A PILL TRACKER TO SUPPORT 'PERFECT' PILL USE.

<https://patient.info/health/hormone-pills-patches-and-rings/progestogen-only-contraceptive-pill-pop>

<http://www.fpa.org.uk/contraception-help/progestogen-only-pill>