



Women's Associates, P.C.

HOW TO TAKE YOUR BIRTH CONTROL PILLS

1. Take the first pill of the first package on the **SUNDAY** after your next menstrual period begins. For example, if your period starts on Mon., Tues., Wed., Thur., Fri., or Sat., you will take the first pill on Sunday. If your menstrual period starts on Sunday, take the first pill on that day.
2. Always take your pill around the same time every day. This does not mean that it has to be taken at exactly the same hour, but if you take your pill in the evening, always take it then. This helps keep an even level of hormone in your blood.
3. It is important to take one pill every single day. You will be reasonably safe if you miss 1 to 2 days as long as you make up the missed pills. If you miss more than 2 days, you are not well protected even if you make up the pills. If you miss more than 2 days, finish the package you are on, but you must use an alternate form of contraception, i.e. condoms or sponges, for the rest of the cycle.

If you miss one pill, take that pill as soon as you remember it. If you do not remember until the time for the next pill, you may take both of the pills at the same time.

If you miss two days, replacement is a bit more complicated. Here is an example:

If you miss Monday and Tuesday's pills, and you notice them on Wednesday morning when you open the pack to take the Wednesday pill, you will see 3 pills that need to be taken. If you take them all at the same time, you may become very nauseated, so they will have to be taken several hours apart. You should take the first two pills on Wednesday morning, and take the third pill on Wednesday evening. On Thursday, you will have only one pill to take that morning.

The point of this is that if there are three pills to take, don't take more than 2 at a time in order to prevent nausea and vomiting, but make up all the pills by the end of the day.

4. You are not protected from pregnancy until you have completed the first cycle of pills, so it is necessary to use an alternate form of contraception while you are on the first package. Condoms or sponges are recommended. After the first cycle, you should be protected.
5. Antibiotics may interfere with the action of the birth control pills. If you must take an antibiotic while you are on the pill, you must use an alternate form of contraception while on the antibiotic and until the end of that package of pills. Again, condoms and sponges are recommended. Remember that it is possible to get pregnant when you take antibiotics and the birth control pill together!
6. If you have contact with more than one sexual partner, you should remember that your best protection against sexually transmitted diseases (including the AIDS virus) is careful use of condoms.