

## Danger signs:

- Severe lower abdominal pain
- Severe headaches
- Blurred vision
- Severe leg or arm pain
- Severe chest pain or shortness of breath

These symptoms may be related to a stroke, heart attack or a blood clot in a vein and should be evaluated.

Call our clinic immediately or go to the emergency room if you have any of these symptoms.

## Important Information

The hormones in the pill prevent your ovaries from releasing an egg so you don't get pregnant.

If you want to get pregnant, start a prenatal vitamin prior to stopping your pills (it is best to do this 6 months before). There is no medical reason to wait to start trying to get pregnant after stopping the pill.

If you want to change to a different form of birth control, call the clinic before stopping your pills to speak with a nurse.



## Sexual Health Appointment Line

303-363-3018

If you have any questions or concerns, please call the clinic

### Westminster Office

1401 W 122nd Ave., Westminster, CO 80234  
303-255-6222

### North Broadway Office

7000 North Broadway #400, Denver, CO 80221  
303-439-5980

**For after-hour emergencies, go to urgent care, the nearest hospital or call 911.**

*Adams County services are provided without regard to age, race, gender, sexual orientation, color, religion, national origin, disability, veteran status or any other status protected by state law.*

# What You Should Know About the Pill



## Sexual Health Program



**ADAMS COUNTY**  
HEALTH DEPARTMENT

*Your Health. Our Mission.*

Adams County Health Department  
<https://adamscountyhealthdepartment.org/sexual-health>  
303-363-3018

Protecting, promoting, and improving the health, environment, and quality of life in Adams County



## Things to remember when taking the Pill:

- Take a pill at the same time every day.
- Your periods may be shorter and lighter while taking the pill. Your period may last only 1 to 2 days.
- Your period should begin sometime during the 4th week of pills (the inactive or spacer pills).
- It can be normal to miss a period while on the pill. If you miss your period, continue taking your pills and call the clinic.
- The pill will not protect you from sexually transmitted infections, including HIV.
- It is usually best that you do not stop taking the pill in the middle of the package unless you are advised to do so by your health care provider.
- Do not give your pills to a friend. The prescription is for you and is prescribed to fit your medical history.
- If you vomit within 1 hour of taking your pill or if you have severe diarrhea, you should follow the instructions on the inside for 1 missed pill.

## How effective is the pill?

With perfect use, less than 1% of women will get pregnant in first year. With typical use, incorrect or inconsistent use, about 9% of women will get pregnant in first year.

## When you first start taking birth control pills:

- If you start the pills within 5 days of a normal period, no back-up method is needed.
- Start anytime and use a back-up method of birth control (condoms) until you have finished the first 7 pills of your first package.
- For 2 to 3 months after starting the pill, you may notice the following symptoms while your body adjusts to the hormones in the pill: Breast tenderness, spotting or breakthrough bleeding, nausea (may help to take the pill with food or at bedtime). If symptoms last longer than 3 months, call the clinic.

## What to do if you missed taking a pill:

See the table below for instructions.

- The pill is most effective when it is taken at the same time every day.
- A pill is considered missed if it has been 24 hours or more since your last pill was taken.
- If you miss pills, you may have some spotting or breakthrough bleeding. Do not stop taking the pill.
- Emergency contraception may be recommended, call the clinic if you have questions.

When you...	What to do	7 day back-up method (condoms) or abstinence needed?	EC needed?
Missed only <u>1</u> pill	Take the pill and take all the rest of the pills in the pack at their usual time (this may mean that you take two pills in one day)	No	No
Missed <u>1</u> pill AND you have missed other pills in the current pack or in the 3 <sup>rd</sup> week of the previous pack	Take missed pill immediately and take all the rest of the pills in the pack at their usual time	Yes	Possibly. Contact clinic to discuss Need for EC
Missed more than 1 pill and have <u>at least 7 active pills left in the pack</u> (Active pills are the first 21 pills in a pack)	Take today's pill and the last pill missed immediately (you will take 2 pills in one day) take all the rest of the pills in the pack at their usual time	Yes	Possibly. Contact clinic to discuss Need for EC.
Missed more than 1 pill and have <u>7 or fewer active pills left in the pack</u> (Active pills are the first 21 pills in a pack)	Take today's pill and the last pill missed immediately (you will take 2 pills in one day) Take the rest of the <u>active</u> pills at your normal time BUT skip the spacer pills (usually the last week in the pack) and start a new pack without interruption. (Active pills are the first 21 pills in a pack)	Yes	Possibly. Contact clinic to discuss Need for EC.
<b>If you have any questions call your clinic to speak with a nurse!</b>			

<https://adamscountyhealthdepartment.org/sexual-health>