



Birth Control Pills

Instructions for Taking Pills:

1. To begin your first package of pills:
 - A. Start your first pack on the **first** Sunday after your menstrual period begins even if you are still bleeding. If your period starts on Sunday, take your first pill that day.
 - B. Start your first pack on the fifth day after you **start** your menstrual period; the first day of bleeding is Day One.
 - C. Start your first pack on the first day of menstrual period.
 - D. Start your pills on _____ (date).
 - E. Use a backup method (such as foam and condoms) when you have intercourse during the first 3 weeks while on your first package of pills.

2. Swallow one pill a day until you finish the pack. When you complete of pills, begin the new pack the following day. Pills work best if you take one the same time every day.

Missed Pills:

1. Check your pack of pills daily to be sure you took your pill the day before.
2. If you miss one pill, take the forgotten pill as soon as you remember and the next pill at the regular time.
3. If you miss two pills in a row, take two pills as soon as you remember and two pills at the regular time the next day. You may have some spotting. Use your backup method during the rest of the pill pack.
4. If you miss more than two pills in a row, use your backup method, throw out he pack, have period, and start a new pack on the following Sunday.
5. Never take more than two pills in one day.

Missed Menstrual Periods: You may miss a period while taking birth control pills, if you do skip a period, you may wish to call our office and talk to our nurse.

Possible side effects you may feel: Feeling sick to your stomach, weight gain, missed periods, breast tenderness, bleeding between periods.

Possible early pill danger signals: severe headache, dizziness, eye problems, blurred vision, flashing lights, or loss of vision, sever chest pain or shortness of breath, severe abdominal pain, severe leg pain (calf or thigh). Stop the pill and call our office. (480) 782-0993.