

Family Planning

Welfare Association of NT Inc.

ABN 38 812 238 738

Family Planning Welfare Association of the NT Inc exists to provide quality health care and education services in sexual and reproductive health

PROGESTOGEN ONLY PILL (P.O.P.)

WHAT IS IT?

The Progestogen Only Pill (P.O.P.) or Mini Pill consists of 1 hormone, progesterone. Every pill in the packet is the same.

HOW DOES IT WORK?

It makes the cervical mucous (the sticky, sometimes fluid substance made by the cervix and found in the vagina) thicker, preventing the entrance of sperm to the uterus (womb). It sometimes suppresses ovulation (i.e. prevents an egg from being released from the ovary).

EFFECTIVENESS

The P.O.P. is just as effective at preventing pregnancy as the combined oral contraceptive pill. If it is taken exactly as directed the P.O.P. is 99.7% effective at preventing pregnancy. With typical use though it is considered to be 91% effective.

ADVANTAGES

- It can be safely used during breast feeding as it does not interfere with the milk supply.
- It is less likely to cause nausea, weight gain and headaches than the combined Pill.
- It can be used by women who cannot take the ordinary Pill.

DISADVANTAGES

Possible side effects can include:

- Spotting
- Irregular periods
- Occasional heavier periods
- It has a higher failure rate than the combined pill due to it's tight timeframes

TAKING THE POP

Start the first course either with a period or after you have had your baby, or as instructed by the doctor.

Take a pill every day at exactly the same time. Select a time to suit you when you are most likely to remember and keep to it.

If you start the POP on the first day of a period no extra protection is needed.

If you start it at any other time it is effective after 48 hours (3 consecutive pills). In the first 2 days of pill taking another method e.g. the condom should also be used.

The P.O.P should be taken at the opposite time for the day to when sex is more likely to happen (ie. Morning pill if sex is usually at night time)

IF YOU FORGET A PILL

Take it as soon as you remember and carry on with the next pill at the right time. If the pill is more than 3 hours overdue, you are not protected. Continue normal pill taking and use another method of contraception (e.g. the condom) for the next 48 hours. You might need to take the emergency contraceptive pill if you have had unprotected sex which can be bought over the counter at the pharmacy.

IF YOU GET A STOMACH UPSET

If you have vomiting or diarrhoea the pill might not be absorbed into the bloodstream. continue to take it but you might not be protected from the first day of vomiting or diarrhoea. Use another method of contraception (e.g. the condom) for the next 48 hours.

FOR BREASTFEEDING WOMEN

The POP can be started shortly after the birth of your baby, often before leaving hospital. Research has shown that the amount of hormone that might pass through the breast milk is very low and will not harm the baby.

IMPORTANT THINGS TO REMEMBER

- It is necessary to take the POP at the same time every day for maximum effectiveness.
- Make daily pill taking a routine - you are less likely to forget it.
- The Pop must be taken continuously. There are no sugar pills to take or a 7 day break as with combined hormone pills.
- If you have breakthrough bleeding (vaginal bleeding at times other than period bleeding) while taking the POP do not stop, continue the packet as usual. Consult the doctor if this persists.

FOR MORE INFORMATION

Client Information & Support Service
8948-0144

or NT Health Direct
1800 022 222

or visit www.fpwnt.com.au

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