

What if I forget a pill?

If you are more than 3 hours late in taking the mini-pill, it will not be effective at preventing pregnancy. If this happens, you should:

- Take one pill as soon as possible and take the next pill at the usual time
- Continue taking your pills as usual
- Use condoms or don't have sex until you have taken 3 pills correctly

You will be protected after you have taken 3 pills correctly. If you had sex while you weren't protected and did not use other contraception, you may be at risk of pregnancy. You should consider using the emergency contraceptive pill, available from a pharmacy without a prescription.

If you vomit within 2 hours of taking the mini-pill, take another pill straight away. If you continue vomiting you may not be protected from pregnancy. Follow the advice above for when you miss a pill. If you have severe diarrhoea the pill may also not work properly.

For further information please call:

ph: (08) 89480144

or

visit www.fpwnt.com.au

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Family Planning
Welfare Association of NT Inc.

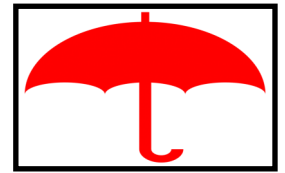
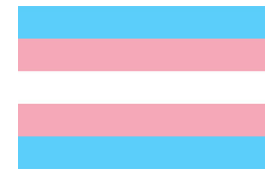
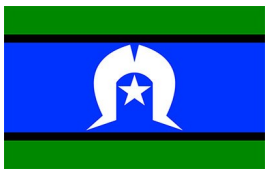
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Progestogen Only Pill (POP or Mini-pill)



MISSION STATEMENT

Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.



What is the progestogen only pill?

The progestogen-only pill is also known as the mini-pill. You need to take it at the same time every day to prevent pregnancy. It contains a very small amount of progestogen, which is a hormone. Progestogens are similar to the natural hormone, progesterone, which you produce in your ovaries.

The mini-pill comes in a pack with 28 pills, this will last 28-days. Every pill is a hormone pill and you don't have a break between packs. Unlike the combined hormonal contraceptive pill, there are no hormone-free or pill-free days.

How does the progestogen only pill work?

- It thickens the mucus from your cervix so that sperm can't enter the womb
- It stops ovaries releasing an egg in some people

How well does it work?

If used correctly it is 99.5% effective. But in real life use, it is usually about 93% effective. This is because you have to remember to take the mini-pill at **exactly** the same time every day. It will not be effective if taken more than 3 hours late. The mini-pill also might not work if you have vomiting or severe diarrhoea. Taking other medications, including some epileptic medications or herbal remedies, can also make the mini-pill less effective. Talk to your doctor for more information.

Advantages of progestogen only pill

- It works well if taken at the same time every day
- Has a low dose of hormones so may cause less side effects than other forms of contraception
- Your fertility goes back to normal shortly after you stop taking it
- Can be used by people who are breastfeeding
- Can be used by those who cannot take oestrogen for medical reasons

Disadvantages of progestogen only pill

- It doesn't protect you against STIs (sexually transmitted infections)
- Can be less effective than some other methods of contraception because you must remember to take it at exactly the same time every day
- May make your periods change –you might have:
 - ~Some bleeding between periods
 - ~Irregular bleeding
 - ~No bleeding at all
 - ~You can get hormonal side effects like:
 - ~Bloating
 - ~Headaches
 - ~Mood changes
 - ~Acne
 - ~Lowered interest in sex

If you are at risk of STIs, use condoms at the same time as taking the mini-pill.

Where do I get the progestogen only pill?

The mini-pill is available at the pharmacy with a prescription from a doctor. Your doctor can advise you about the most suitable one for you and the cost of the different types of pills. Family Planning NT also have a supply of some types of the mini-pill that you can purchase from us.

How do I take the progestogen only pill?

You can start the minipill at any time. If you start it during the first 5 days of your period it will be immediately effective. If you start it at another time, it will take 3 days to start working. You will need to use another method of contraception like condoms or not have sex for 3 days.

You must take the mini-pill at **exactly** the same time every day. You can fall pregnant if you take your mini-pill more than 3 hours later than usual. It can be helpful to set a reminder on your phone or put your pill pack next to your toothbrush. This can help you remember to take it at the same time each day.