

## Advantages

- Safe to use while breastfeeding
- Safe for people who can't take the combined pill (with oestrogen)
- Can make periods lighter

## Disadvantages

- The minipill must be taken at the same time every day (slinda does not)
- Can cause unpredictable bleeding patterns
- Can have side effects such as headaches, mood changes, breast tenderness
- Slinda is not government subsidised so is more expensive ~\$80 for 3 months

Everyone is different - if you're thinking about this method, please chat to a doctor or nurse at family planning about whether it's suitable for you

## Our mission statement

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



## Get in touch with us!

[www.fpwnt.com.au](http://www.fpwnt.com.au)

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Dick Ward Drive Coconut Grove

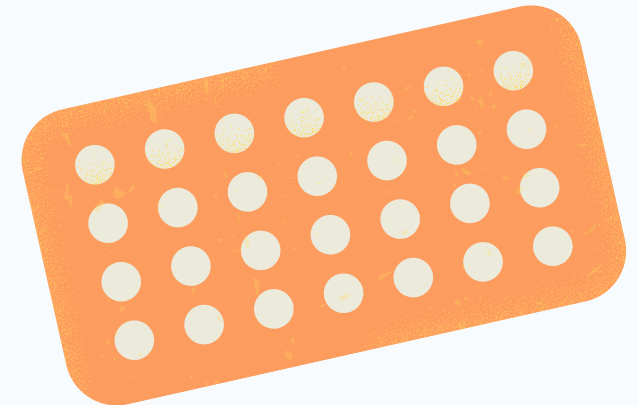
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**08 8948 0144**

Family Planning  
Welfare Association of NT Inc.

## Progestogen only pill

### Minipill and Slinda



Different types of progesterone

Used typically 93% effective.  
Used perfectly 99% effective

## There are 2 types of progestogen only pill

### Minipill

- Levonorgestrel or Northisterone (brand names Microlut or Noriday)
- Must take at the same time each day
- Can cause unpredictable bleeding
- May lighten periods
- Works by thickening mucus in the cervix to stop sperm from passing

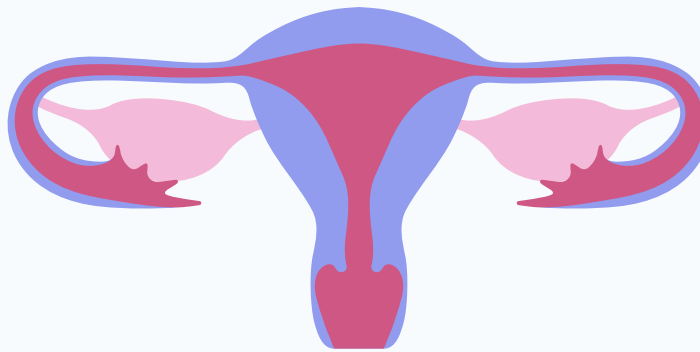
### Slinda

- Drospirenone (new form of progesterone)
- More flexible with timing than mini-pill - has a 24 hour window for a 'missed pill'
- Expensive as not government subsidised
- May lighten or stop periods
- Works by thickening mucus in the cervix to stop sperm from passing, as well as preventing ovulation

## When will it start working?

If you start taking the either pill within the first 5 days of your period it will be effective straight away.

If you start taking it at any other time in your cycle, the minipill will take 3 days to become effective, and Slinda will take 7 days to become effective.



## If you forget a pill

### Minipill

- More than 3 hours late - condoms or no sex for 3 days

### Slinda

Less than 24 hours late

- Take missed pill as soon as you remember
- Take next pill at it's usual time. You are protected.

More than 24 hours late

- Take missed pill as soon as you remember
- Take next pills as usual
- Use condoms or don't have sex for 7 days before you're protected again.