

Advantages

- Very effective when taken correctly
- Can help make periods more regular and you are able to choose to skip periods.
- Can improve acne
- Easily reversible and has no effect on future fertility

Disadvantages

- Must be taken at the same time every day
- Some people experience hormonal side effects such as bloating, headaches, mood changes, lowered interest in sex.
- There is a small risk of deep vein thrombosis. For that reason you need a face to face doctor's appointment before the pill can be prescribed.

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

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Family Planning
Welfare Association of NT Inc.

Combined Oral Contraceptive Pill

(The Pill)



A combination of oestrogen and progestogen that works best if taken at the same time every day

Used typically is 91% effective. Used perfectly it can be 99% effective

What types of the pill are there?

There are many different types of combined oral contraceptive pill. Chat to your doctor about which one might be best for you.

Most come in a 28 day packet and have 7 days of non-hormonal (sometimes called sugar tablets) that cause a withdrawal bleed - a "period". Some people can skip their period by choosing to not take these tablets but some people may still "bleed through" even if they try and skip their period

When will it start working?

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

If you start taking the pill after the first 5 days of your period it will take 7 days to become effective.

Things to look out for

- The pill is less effective if you have been suffering from vomiting or diarrhoea- it means that your pill hasn't had time in your gut to be absorbed you should assume that you need to use condoms or avoid sex for 7 days after your illness improves in order to still be protected against pregnancy
- The pill can also interact with some medications including some epileptic medications - talk to your doctor if you are on any regular medications

Who shouldn't take the pill?

- People who suffer from migraines with auras
- If you have had a stroke, a blood clot, heart attack or high blood pressure
- If you have liver disease
- If you are over 35 and smoke
- If you have a body mass index over 35

If you forget to take a pill

- If it is less than 24 hours since you missed your pill, take your pill as soon as you remember and then your next one at the usual time. **You will still be protected against pregnancy**
- If it is more than 24 hours late, take one as soon as you remember and then take the next one at the usual time. You will need to use condoms or not have sex for 7 days while you continue taking your medication as usual. **You may also need emergency contraception.**

