

BIRTH CONTROL PILL INSTRUCTION SHEET

When and how should I take my birth control? :

1. Take the first tablet on the first Sunday after your period starts
2. Take this medication at the same time each day 24 hours apart, preferably at bedtime to avoid nausea.

What SPECIAL INSTRUCTIONS should I follow?

1. When you begin to use the pill, also use another form of birth control for protection, for the first month unless your doctor instructs you otherwise; or if you are on antibiotics for any reasons.

What should I do if I FORGET to take a dose?

If you are on a 21-day schedule:

1. Missed ONE tablet
 - a. Take it as soon as you remember it
 - b. Take the next one at the regular time
 - c. This way you may be taking 2 tablets in one day.
2. Missed TWO tablets
 - a. Take TWO as soon as you remember it
 - b. Take the next one at the regular time
 - c. Another form of birth control must be used for the rest of the cycle.
3. Missed THREE tablets
 - a. Do not take them.
 - b. Discard remaining tablets, and begin a new course of tablets starting on the first Sunday after the last tablet was taken.
 - c. You must use another form of birth control for protection for the rest of the cycle (4 weeks.) i.e. for the whole new pill pack.

If you are on a 28-day schedule:

If you miss any of the first 21 (active) tablets

a. Follow directions for 21-day schedule (see above)

1. If you miss any of the last 7 (inactive) tablets
 - a. There is no danger of pregnancy.
 - b. Next months cycle must be taken on the regularly scheduled day.

What if VAGINAL SPOTTING OR BLEEDING occurs during the first 3 months of use?

1. Continue your regular dosing schedule; you are still protected against pregnancy.
2. Contact your doctor
 - a. If the bleeding lasts more than one week and is equal to the flow of a normal menstrual period.
 - b. After you have been taking the medication on a schedule and for more than 3 months.
3. Expect some spotting if pills are missed.

What if I MISS A MENSTRUAL PERIOD?

1. Check with your doctor to determine the cause.
 - a. If you have not been taking the medication as directed, pregnancy is a possibility.

What SIDE EFFECTS can this medication cause?

1. Please read the information that is included with your pills.
 - a. Risks and benefits are discussed in this material.