



INSTRUCTIONS FOR BIRTH CONTROL PILLS

Start your pills the first day of your next period. Take pills in the order they appear in the pack.

Take one pill every day at approximately the same time of the day. When you finish a pack of pills, start the next pack the next day.

Use a back up method (condoms and foam) of birth control the first month on the pill.

If you forget one pill, take TWO the next day.

If you forget two pills, stop, wait for a period and start as stated in #1. Use a back up method for the rest of the pack.

The day you start your last pack of pills, call to make an appointment for sometime in the next four weeks.

SIDE EFFECTS

When you start taking the pill, you may notice some of the following:

Nausea

Weight gain

Breast tenderness

Spotting between periods

These usually disappear within two months after starting the pills. If they do not disappear, call the office.

We may need to change prescription. DO NOT STOP TAKING YOUR PILLS! If you need to stop your pills, please call the office and we will help you find another form of contraception.

SERIOUS SIDE EFFECTS

If you notice any of the following symptoms, contact the office immediately:

Sharp pain in the chest, coughing up blood, or sudden shortness of breath

Pain in the calf of the leg

Sudden severe headache or vomiting, dizziness or fainting, disturbance of vision or speech or weakness and numbness in the arm or leg

Breast lumps

Severe pain in the abdomen

Severe depression

Yellowing of the skin

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PREGNANCY

If you suspect you are pregnant, stop taking the pills; use a back up method of birth control and take a pregnancy test.

If you wish to become pregnant, there is no need to wait several months after stopping the pill. This is a myth. Just stop and assume your most fertile time will be in the second to third week after the first day of placebo pills.

