

What are the advantages?

Easy to use.

It is simple and convenient. It doesn't interfere with sexual intercourse.

Suitable for breastfeeding.

It does not reduce your supply of breast milk. Babies whose mothers have taken this pill while breastfeeding have been studied for many years. No adverse effects on the babies have been shown.

All ages

This pill can be used by people of any age.

Few side effects

There are very few side effects.

The research does NOT show that this pill causes weight gain, depression or headaches.

What are the disadvantages?

Take on time, every day

This pill must be taken at the same time every day whether you have sexual intercourse on that day or not.

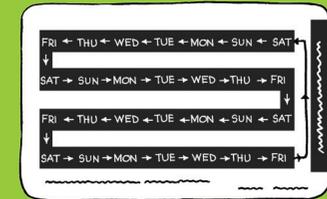
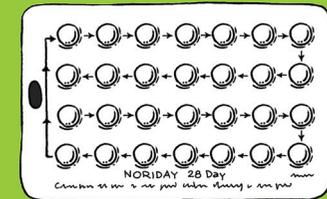
Periods may change

This pill may change your periods. You may have regular periods, irregular bleeding or no bleeding at all. It is common when you first start taking this pill for the bleeding to be irregular.

This does not mean that this pill is less effective as long as you have not missed pills. If the bleeding continues, keep taking your pill but check with a Family Planning clinic.

The progestogen-only pill does not protect you against sexually transmissible infections (STIs). Condoms and lube are your best protection against STIs.

You might be able to get some of your pill repeats by talking with one of our nurses on the phone. Ask at the clinic if this is an option for you.



The Pill

Progestogen-only

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1. You must take this pill at the same time every day.
2. It is very effective if you take it correctly.
3. Your bleeding may change while you are taking this pill.

 NEW ZEALAND
Family Planning

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What is it?

The progestogen-only pill is taken to prevent pregnancy. This pill contains one hormone, progestogen. It does not contain any oestrogen.

How well does it work?

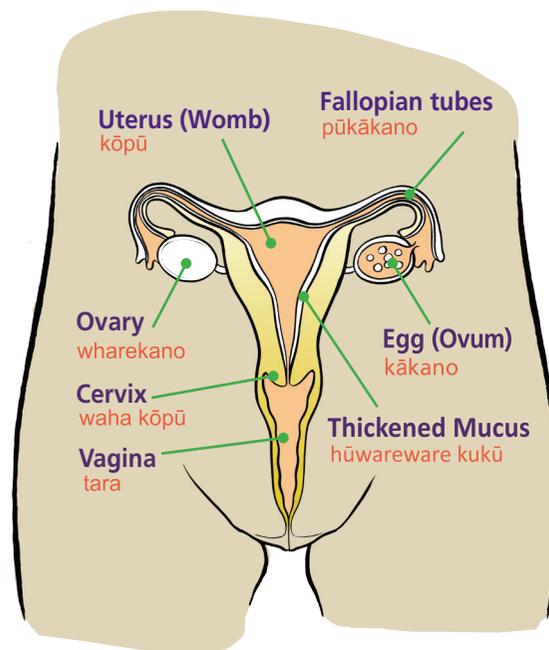
We know people can forget to take the pill or be late taking it. Taken this way, this pill is 92% effective. This means that 8 out of 100 pill takers will get pregnant each year.

If you take your pill at the same time every day, this pill can be 99% effective at preventing pregnancy.

When do I take it?

To be most effective, the progestogen-only pill should be taken at the same time (or within three hours of the same time) every day.

If you're taking Cerazette, it must be taken within 12 hours of the same time every day.



How does it work?

Progestogen-only pills work by thickening the mucus in the cervix so sperm can't travel through it. Cerazette also works by stopping production of an egg each month and changing the lining of the womb so it is less likely to accept a fertilised egg.

Who should not use it?

You should not use this pill if:

- you have had breast cancer
- you are taking some medications, over-the-counter preparations or herbal remedies.

Check with your doctor if you take regular medicine.

Who can use it?

This pill is especially recommended:

- if you are breastfeeding
- if for medical reasons you cannot use the combined pill.