

# What are the advantages?

## It works

It can be 99% effective.

## It is convenient

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

## Periods

- When you have your period on the pill it is usually lighter and less crampy than usual.
- You can choose to have periods or to have no periods. Tell the doctor or nurse who is teaching you to take the pill if you want to have a period or not. The most effective option is the no period option.

## It is not permanent

You can get pregnant as soon as you stop taking the pill.

# What are the disadvantages?

## You must remember to take it

You must take a pill every day.

## Bleeding

Your bleeding may be irregular for a month or two after starting the pill.

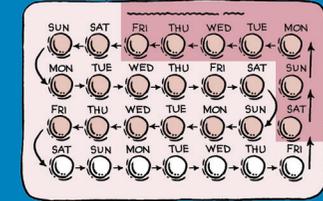
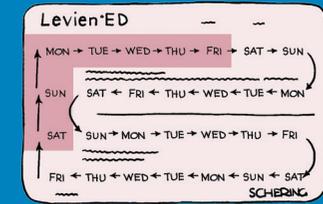
## Other side effects

The research does NOT show that the pill causes weight gain, headaches, breast tenderness, nausea or a change in sex drive.



You may be able to get some pill repeats with a phone consultation rather than coming into the clinic. Ask at the clinic if this is an option for you.

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



# The Pill

Combined Oral Contraceptive

TE PIRE ĀRAI HAPŪ TUKUTAHĪ

1. You take a pill every day.
2. You can choose to have a period each month or not.
3. It is more effective if you take the hormone pills continuously (the no period option).
4. Most people don't get side effects.

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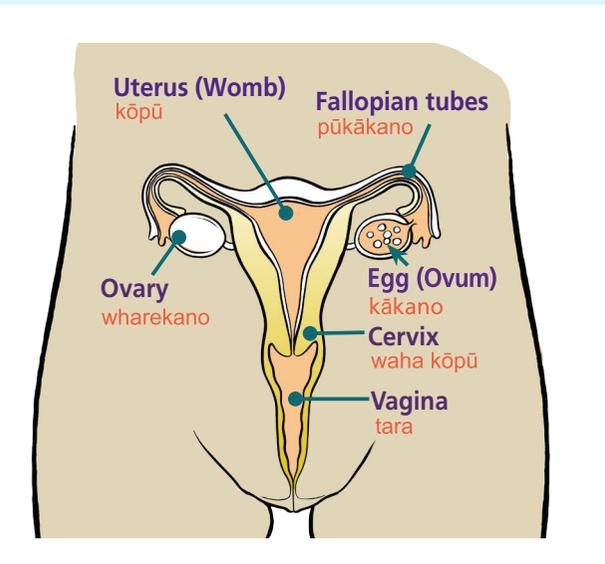
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# What is it?

- It is a pill taken every day to prevent pregnancy.
- The combined pill contains two hormones - oestrogen and progesterone.

# How does it work?

The oestrogen and progesterone stop the eggs developing, so no egg is released from the ovary. Without an egg, fertilisation cannot happen.



# How well does it work?

- We know that people can forget to take their pill sometimes. So typically, the pill is about 92% effective at preventing pregnancy. This means about 8 pill users in every 100 will get pregnant each year.
- If you take the pill every day and without a break from hormone pills, the pill can be 99% effective at preventing pregnancy. This means that about 1 pill user in every 100 may get pregnant each year.

# Who can use it?

- If you are healthy and do not smoke, you can take the pill safely for many years.

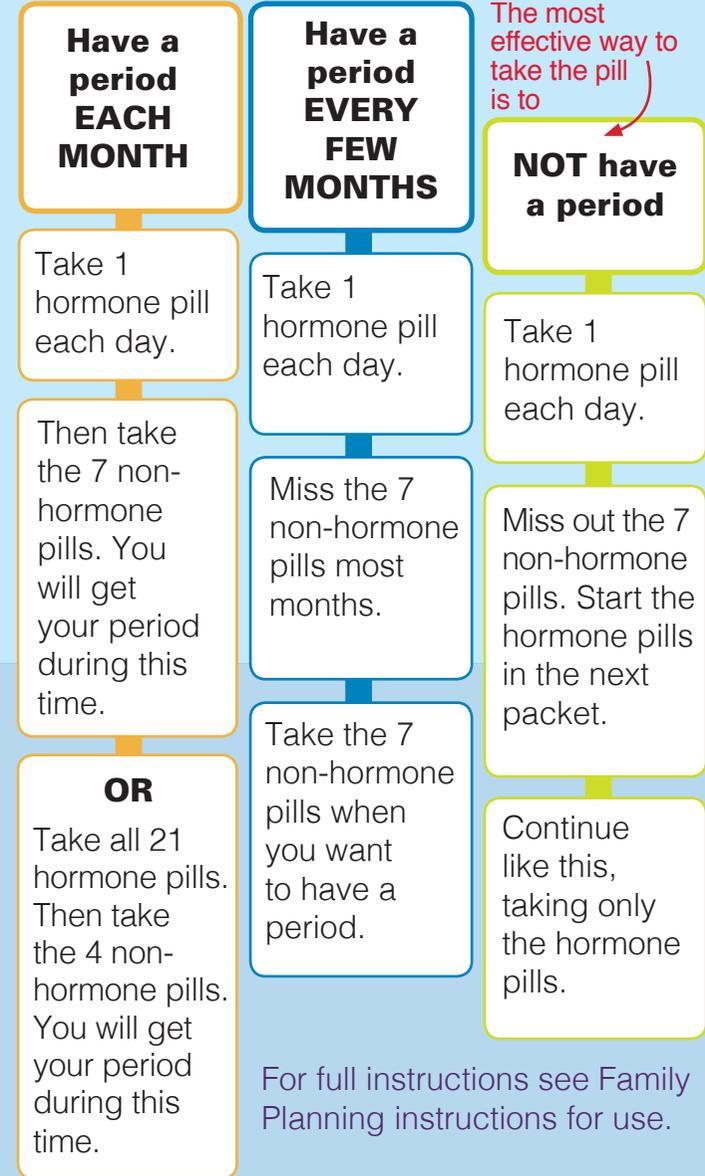
# Serious side effects are rare

- Smoking greatly increases the risk of stroke or heart attack. If you don't smoke you are unlikely to have a stroke or a heart attack.
- Pill use can increase the risk of blood clots in the leg. This risk is about 2 out of 10,000 women NOT taking the pill. For some pills, the risk can increase to as much as 12 out of 10,000 every year.

# When do I take it?

You need to take a pill every day.

## 3 ways to take the pill:



For full instructions see Family Planning instructions for use.