



How to take your pill:

Progestogen-Only Pill

Te Pire Progestogen anake Ngā tohutohu

1. 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.

The progestogen-only pill packet has 28 hormone pills.

Start your pill on

You will be safe after taking **..... pills.**

Take one pill each day until the packet is empty.

Start the new packet, taking one pill each day.

Do not have a break – it is important that you take your pill at the same time each day.

You may not be protected from pregnancy if you:

- miss a pill or take it more than hours after the normal time
- vomit within 3 hours of taking your pill or have continuing vomiting
- have diarrhoea (several loose bowel motions).

If any of these things happen

- continue taking your pill
- use another method of contraception such as condoms or do not have sexual intercourse for the next

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Your periods may be regular on this pill. Some people have irregular bleeding and some have no bleeding at all.

If you miss a period for 6 weeks, contact your health professional for advice.

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.