

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING
PROGESTIN-ONLY PILLS (MINIPILLS) FACT SHEET

Safety:

- Very safe
- Contains only progestin, unlike the Combined Oral Contraceptive, which contains estrogen and progestin

Effectiveness:

- 91% with consistent and correct use

Starting the Pill:

- **Quick Start** - If directed by your doctor, start taking your pills today, use a backup method for at least 2 days.
- **First Day Start** – start taking your pills on the first day of your period, no backup method is needed.

Use:

- One pill daily at the same time; continue to take your pills during your period, all pills are active pills
- POP do not regulate your menstrual cycle, you will bleed according to your body's own schedule.
- Use backup method for at least two (2) days if you miss a pill by **three hours or more**
- You may consider Emergency Contraception if you have missed your pill by more than three hours and have had unprotected intercourse in the last 3 days.
- **It is extremely important to take at the same time each day**

Benefits:

- Safe for most women, even those who cannot use contraceptive with estrogen
- Less menstrual cramps and pain
- Less bleeding
- Less premenstrual syndrome
- Less breast tenderness
- Immediately reversible
- Safe for use with breastfeeding

Side Effects:

- Unpredictable menstrual bleeding; irregular bleeding pattern
- Possible for period to stop

Warning Signs:

- Lower abdominal pain
- Repeated severe headaches
- Delayed menstruation after several months of regular cycles

*** IF YOU EXPERIENCE ANY OF THESE SIGNS, GO TO YOUR NEAREST EMERGENCY ROOM**

Risks and Complications:

- No protection against sexually transmitted infections
- Possible depression
- Not effective if not taken consistently and correctly

REMEMBER, PROGESTIN-ONLY PILLS (MINIPILLS) DO NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.

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