

Oral Contraceptive Pills

Mini Pills



General information:

- The mini pill is a type of Oral Contraceptive Pill
- You are required to take 1 pill everyday
- May cause irregular bleeding during the first few months of use or a delayed menses/absence of periods.
- Safe for women who are breastfeeding. Women may begin the mini pill after giving birth.
- It is safe for women living with HIV while on antiretroviral (ARV) medicines. Talk to your health care provider.

Effectiveness for pregnancy prevention:

- Pregnancy rate in the first year of use is less than 1 pregnancy per hundred women (1%) if used correctly i.e no missed pills
- Pregnancy rate in the first year of use with some missed pills is 3 to 10 pregnancies per 100 women (3 to 10%)

How method works:

- Take 1 pill at the same time everyday
- The pills contains small amount of progestin a hormone that thickens the mucus around cervix thus stopping sperm from meeting an egg
- They also prevent ovulation (the monthly release of egg from the ovaries)

Important facts:

- You can stop any time you want to get pregnant
- Does not interfere with sexual intercourse
- You have to remember to take a pill once every day
- It does not protect against HIV and other Sexually Transmitted Infections (STIs)

Advantages:

- Very safe for majority of women and can be used at any age
- Very effective if taken correctly
- Does not disturb breast milk production
- Less likely to cause headaches or raised blood pressure

Discuss with your provider if you:

- Have history of high blood pressure or other medical condition affecting the heart, blood vessels or liver
- Have history of breast lump or family history of breast cancer
- Have history of unexplained vaginal bleeding



Get it together
KNOW. TALK. GO.



Follow these guidelines if you miss 1 or more pills:

How to use:

- Begin with the first pill in the packet today after a negative pregnancy test
- Take 1 pill everyday until you finish the packet
- Take the pill at the same time everyday
- If you vomit within 2 hours of taking a pill, take another pill from your packet as soon as possible. Continue taking the remaining pills at the usual time
- Very severe diarrhoea (6 to 8 watery stools in 24 hours) may also mean that the pill does not work properly
- Have a new packet of pills on hand before you finish your 28-day packet
- If you get your pills from a pharmacy, use the instructions in the brochure.

Return to the health care facility anytime if:

- You have questions or problems
- You have missed 3 or more pills, had sex in the past 5 days, and want to avoid pregnancy.
- You develop any health problems
- You think you are pregnant

NOTE:

After one pack of pills is finished, start the next pack on the very next day without a break

| If you: | Do this: |
|---|--|
| Missed 1 or 2 pills | <ul style="list-style-type: none"> • Take a pill as soon as you remember • Keep taking pills as usual (You may end up taking 2 pills at the same time or on the same day) |
| Missed 3 or more pills in the 1st or 2nd week of pill cycle -OR- started a new packet 3 or more days late | <ul style="list-style-type: none"> • Take a pill as soon as you remember • Use a backup method (condoms) or avoid sex for the next 7 days • If you had unprotected sex in the past 5 days consider taking Emergency Contraceptive Pills (ECPs) (See ECPs flier) |
| Missed 3 or more pills in the 3rd week of pill cycle | <ul style="list-style-type: none"> • Take a pill as soon as you remember • Finish all hormonal pills in the packet. For a 28-pill packet, throw away the 7 non-hormonal pills at the end of the packet • Start a new packet the next day • Use a backup method (condoms) or avoid sex for the next 7 days • If you had unprotected sex in the past 5 days consider taking ECPs (See ECPs flier) |
| Missed any non-hormonal pills (last 7 pills in 28-day pill packet)) | <ul style="list-style-type: none"> • Discard the missed non-hormonal pill(s) • Keep taking the pill, one each day, start the new packet as usual. |

