

The pill will not protect you against sexually transmitted infections (STIs)

Q Does the Pill provide any other health benefits?

A Yes, The Pill does provide some health benefits.

A woman on the pill has less chance of getting a serious pelvic infection, cancer of the ovary, cancer of the lining of the womb, anaemia, non-cancerous breast lumps, and cysts on the ovary.

Q Who can't or shouldn't take the Pill?

A Women over 35 or those who have had:

- Deep Vein Thrombosis (blood clot)
- Stroke
- Heart attack
- Migraine
- Are smokers

Q What if I want to get pregnant?

A Most women who want to have a baby will conceive within 1 to 6 months after they stop taking the Pill.

Important:

Women with uncontrolled high blood pressure, have headaches, chest or leg pain, or who smoke should discuss taking the Pill with their doctor as there are some health risks.

For more Information
contact your Doctor,
or the nearest Health Centre



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Ministry
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Health



INFORMATION FOR
MEN & WOMEN

The Pill

...Your
Questions
Answered



Q What is The Pill?

A “**The Pill**” is the common name for oral contraceptives. It is an effective form of birth control.

There are two types of pills:

1. Combination Pills
2. Progestin - only Pills

Both are made of hormones like those made by a woman’s ovaries.

Q How does The Pill work?

A **The Pill prevents pregnancy by:**

- Preventing the production of an egg (ovum) every month.
- Changing the structure of the lining of the womb (uterus) so a fertilised egg cannot grow.
- Makes the mucous at the entrance to the uterus (called the cervix) so thick that the sperm cannot enter.

Q How Effective Is The Pill?

A As long as you take the Pill at about the same time every day, as instructed, it is at least 99% effective.

Q How is The Pill used?

A The Pill is taken

- on the first day of your period
- about the same time each day
- one pill a day until you have finished the pack.
- with a 21-day pack, there is a break of 7 days before starting the next pack.
- with a 28-day pack, the next pack is started as one is finished.
- you will still get a withdrawal bleed similar to a period once a month

Q What Are the Benefits of Taking The Pill?

- A
- Your periods will be regular (every 28 days)
 - Your periods will be shorter and lighter
 - Period pain will be reduced

Q What are the Problems?

A Within the first 2 to 3 months of taking The Pill you may experience:

- Bleeding or spotting between periods
- Some nausea or sickness
- Breast soreness or tenderness

Side Effects:

- Irregular bleeding or spotting
- Nausea
- Breast tenderness
- Weight gain and/or water retention
- Spotty darkening of the skin
- Mood changes
- Some women may experience blood clotting

Side effects usually disappear after 2-3 cycles. If your side effects are bothersome after 2-3 cycles or if heavy bleeding occurs, continue taking your pills and contact your health care provider.