

Instructions for the use of Birth Control Pills

- Start taking your first pack of pills the Sunday after the start of your next menses (period).
- Take one pill per day; roughly about the same time every day (i.e. if you take the pills in the morning take it every morning- it does not have to be the exact hour).
- Try to coordinate taking your pills with something else you do routinely every day- like brushing your teeth in the morning.
- If you forget to take your pill, take it as soon as you remember regardless of the time of day. If you don't remember it until the next day, take the 2 pills together to get back on track in your pill pack.
- Use a back-up method of birth control during your first month on the pills as you are not fully protected from unplanned pregnancy until the first pack is complete.
- If you miss more than 2 pills in a row, you lose your birth control effectiveness and should use a back-up method (i.e. condoms) throughout the rest of the pack until you start your new pack of pills.
- You should always use condoms as the birth control pill will not protect you against sexually transmitted diseases.
- If taking the pills makes you nauseous, try taking the pills at bedtime to alleviate the nausea.
- Your doctor may have you return in 3 months for a follow-up to see how you are doing on the pills and to check your blood pressure.
- And always if you have any questions or concerns please feel free to call our office at any time.