

Where can you get progestin-only pills?

Progestin-only pills require a prescription from a qualified health provider. Call your local family planning clinic for information.

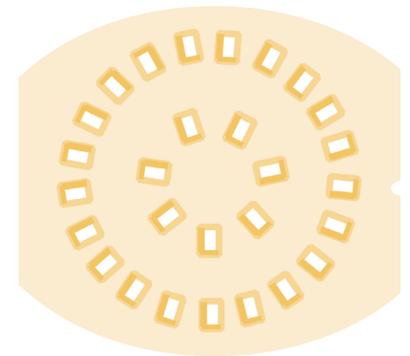
Progestin-Only Pills

How progestin-only pills work

Progestin-only pills, sometimes called “minipills,” contain only one hormone — progestin. Progestin-only pills stop your body from releasing an egg, so no egg can be fertilized. Progestin also causes the cervical mucus (liquid at the opening of the uterus) to thicken, which can stop sperm from getting into the uterus.

How to use progestin-only pills

Minipills must be taken on time, at the same time every day. If you miss any pills, or are late taking your pill, or have diarrhea or vomiting, you could be at risk for pregnancy. Ask your health care provider for specific instructions, and ask about Emergency Contraception (EC).



Effectiveness

Pills are in the Tier 2 level of contraceptive effectiveness because preventing pregnancy depends on the user taking the pills consistently and correctly. Typically 9 out of 100 women are likely to get pregnant within 1 year of use. If a woman misses any pills, or doesn't take them at the same time every day, her chance of pregnancy goes up.

Also, if a woman is taking specific medication, the pills can be less effective.

To increase effectiveness, a woman should take her pill every day, at about the same time each day. Talk with a health care provider about possible drug interactions that may reduce the level of effectiveness.

Benefits of the progestin-only pills

The major benefit of the progestin-only pill is that women who cannot take estrogen, or women who are breastfeeding, can use this birth control pill. If a woman wants to get pregnant, she can become pregnant immediately when she stops taking the progestin-only pills.

You may have fewer menstrual cramps and decreased PMS symptoms.

Progestin-only pills have even fewer health risks than combination birth control pills, and fewer if any side effects.

For more information about potential health benefits ask a health care provider.

Potential side effects and disadvantages

You may have irregular bleeding, unpredictable bleeding, or spotting between periods.

Using progestin-only pills will not provide protection against HIV (AIDS) or sexually transmitted infections (STIs) such as chlamydia, gonorrhea, herpes, genital warts (HPV), hepatitis B and syphilis.

Potential risks

Progestin-only pills have few health risks; ask your health provider about potential risks or warning signs.