



Birth Control Pills – A “How To” Guide

HOW TO START TAKING BIRTH CONTROL PILLS:

You may begin taking the pill immediately if a pregnancy test is negative or your doctor has confirmed there is no risk of pregnancy.

Start Today:

- Take the first pill in the pack **today**.
- Avoid unprotected sex for **7 days**. **Consistent condom use is also recommended to prevent STIs.**
- Take a pill **every day** at the **same time**.
- **Do not skip pills.**

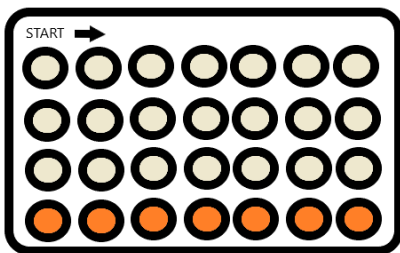
If you want to wait until your next period starts:

First Day Start:

- Take the first pill on the **first day** of your next period.
- **There is low risk of pregnancy if starting pills on the first day of your period.**
- Take a pill **every day**, at the **same time**.
- **Do not skip pills.**

What's the big deal if I miss pills?

If you miss taking your birth control pill, you could get



pregnant or have bleeding that you weren't expecting. If you miss your pills a lot, you may want to choose a different type of birth control.

Important to remember:

Birth control pills need to be taken **every day, around the same time**. Birth control pills **do not protect against sexually transmitted infections (STIs)**. Consistent condom use is recommended.

WHAT TO DO IF YOU MISS PILLS:

If one pill is **LATE** or **MISSED**:

- Take the late or missed pill **immediately**.
- Continue taking the rest of the pills at the usual time, **even if that means you will take two pills on the same day**.
- No emergency birth control is needed.
- Use condoms or do not have sex for 7 days.

If two consecutive pills are **NOT TAKEN**:

- Take the two missed pills **immediately**.
- Tomorrow, take **the next two pills** in the pack at the usual time.
- Take the rest as usual.
- Use condoms or do not have sex for 7 days.
- Emergency birth control should be considered if the missed pills were in the first row **and** you've had sex without a condom in the last five days.

What's the difference between LATE and MISSED pills?

LATE means less than 24 hours have passed since the pill should have been taken. For example, if a pill should have been taken on Monday at 9:00 a.m. and is taken Monday at 1:00 p.m., the pill is **LATE**.

MISSED means 24-47 hours have passed since the pill should have been taken. For example, if a pill should have been taken on Monday at 9:00 a.m. and is taken Tuesday at 11:00 a.m., the Monday pill has been **MISSED**.

NOT TAKEN means that it has been 48 hours or more since the last pill was taken.

Note:

Taking two pills at the same time may cause nausea. To avoid this, you can try to take the pills 12 hours apart on the same day.