

## HOW TO USE THE PILL

**When do I start my pills?**

- You can start your pills on any day of your cycle

If you are starting the pills after taking emergency contraception (EC)

- If you took ulipristal acetate (UPA) EC, start no sooner than 6 days after the unprotected sex.
- If you took levonorgestrel (LNG) EC, start right away.

Your doctor or nurse can also help you figure out which will work best for you.

**How do I take my pills?**

It's up to you if you want to have a period or not.

If you want to have a period every month

- Swallow one pill every day, as close to the same time as possible. Take all hormone pills first, finish with reminder pills, then start a new pack. Taking pills this way will give you a period about every 4 weeks.
- It's okay to skip your reminder pills. There's no hormone in them, so skipping them won't make your pills less effective.

If you want to choose when you have a period

- Take the first 3 weeks of hormone pills. After taking the last hormone pill, skip the reminder pills and start a new pack the next day. Continue taking only the hormone pills to avoid having your period.
- When you're ready to have a period, and after you've been on the hormone pills at least 3 weeks, take the reminder pills for up to 7 days at a time.

If you don't want to get a period,

- Only take the hormone pills in each pack with no break between packs.

**Will my pills work right away?**

Not always. If you start your pills

- Within 5 days of the start of your period, you do not need backup birth control.
- After the first 5 days of your period, use backup birth control – like condoms – or don't have sex for 7 days.
- After taking EC, use backup birth control or don't have sex for 7 days.

**What do I do if I miss pills?**

*If you miss pills or start your pack late it may not work as well. The chance of getting pregnant depends on when and how many pills you missed. Once it's been more than 1 day since the time you should have taken it, the pill is considered missed.*

<b>What happened?</b>	<b>When in the pill pack?</b>	<b>What should I do?</b>	<b>Do I need to use back-up birth control or not have sex?</b>
I took 1 hormone pill late.  (Less than 1 day since I should have taken my pill.)	Anytime.	<ul style="list-style-type: none"> <li>▪ Take the late pill as soon as possible.</li> <li>▪ Take the rest of your pills at the usual time.</li> <li>▪ This means you may take 2 pills in 1 day.</li> </ul>	No.
I missed 1 hormone pill.  (One to less than 2 days since I should have taken my pill.)	Anytime.	<ul style="list-style-type: none"> <li>▪ Take the missed pill as soon as possible.</li> <li>▪ Take the rest of your pills at the usual time.</li> <li>▪ This means you may take 2 pills in 1 day.</li> </ul>	No.
I missed 2 or more hormone pills in a row.  (2 or more days since I should have taken a pill)	Week 1 or 2	<ul style="list-style-type: none"> <li>▪ Take the most recent missed pill as soon as possible.</li> <li>▪ Throw away any other missed pills.</li> <li>▪ Keep taking the remaining pills in your pack, even if you take 2 pills in 1 day.</li> </ul>	<b>Yes, for 7 days.</b>
I missed 2 or more hormone pills in a row.  (2 or more days since I should have taken a pill)	Week 3	<ul style="list-style-type: none"> <li>▪ Take the most recent missed pill as soon as possible.</li> <li>▪ Throw away any other missed pills.</li> <li>▪ Finish the rest of the hormone pills in your pack, then start a new pack the next day. This means you will skip the reminder pills.</li> </ul>	<b>Yes, for 7 days.</b>
I missed reminder pills.  (It doesn't matter how many.)	Week 4	<ul style="list-style-type: none"> <li>▪ Throw away.</li> <li>▪ Take the next reminder pill at your usual time.</li> </ul>	No.

**Can I get pregnant if I forget to take pills?**

Yes, depending on the timing you may want to take EC. It can be taken up to 5 days after unprotected sex. Call us to get more information. We can help you decide.