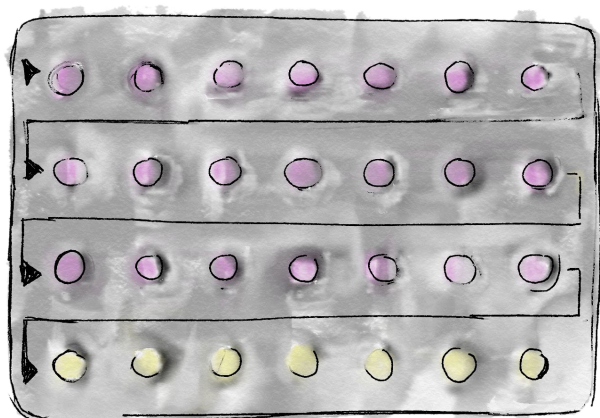


Progestin-only Pills (POP)

What are they and what are they for?

Progestin-only pills are pills for women that contain a set dose of a single type of hormone. They prevent pregnancy by interrupting in the menstrual cycle.



They usually make you stop menstruating or your periods become lighter. This is why they are also used to regulate very heavy periods.

What are they not for?

They do not protect you from catching sexually transmitted diseases and they are not a method of abortion or of interrupting pregnancy. Nor do they stop you from getting pregnant if you start taking them after having unprotected sex.

Can anyone take them?

They are not recommended for women with diseases that affect their blood circulation (lupus, high blood pressure, diabetes) or a liver disease.

What side effects do the pills have?

They reduce bone density and so increase the risk of getting osteoporosis. They also make it more difficult to get pregnant in the months after you stop taking them.

Although they normally make you stop menstruating, for the first 3 months you may still have periods and they may be irregular. You may experience liquid retention, weight gain, headaches, mood swings or irritability, and stomach upsets. Although it is unusual, this medication can make your blood thicker and encourage the appearance of blood clots in the veins (thrombosis), as is the case with all hormonal methods of contraception. This is more frequent in patients who are smokers or whose legs have been immobilized due to long-distance journeys, wearing bandages or plaster, etc.

When do you start taking them?

You start taking them on the first day of your period. For the first 7 days you should use condoms as the medication is not yet completely effective.

You should always take them at the same time of day.

Do I need to take a break from taking them?

No. They should be taken without a break.

What happens if I forget to take a pill?

If under 12 hours have elapsed, you should take it and use condoms for the next 2 days.

But if over 24 hours have elapsed, you should take it and use condoms for the next 7 days.