

Easy Read Information



What you need to know about the

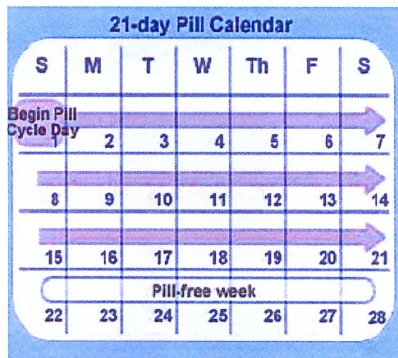
Combined Contraceptive Pill



The contraceptive pill is taken by a woman to reduce her chances of getting pregnant.



This is a pill you swallow.



When you start your pill, for the first day of your period.

You take 1 pill every day for 21 days.

Stop taking pill for the next 7 days.



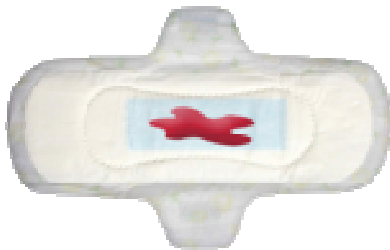
You must take the pill at the same time every day.

If you are more than a day late in taking your pill or starting your new packet, then you should contact your doctor or nurse.



You should always talk to a doctor or nurse and they can help you decide if the pill is right for you.

Side effects



Do not worry if your period is lighter than usual or if there is no bleeding – this is normal.



A few women have mood changes, headaches and sore boobs (breasts) at first.

After a few months these normally settle.



You need to tell the nurse or doctor if you have any vomiting or diarrhoea as this can stop the pill from working.



It is important to tell the doctor, nurse or pharmacist you are taking the contraceptive pill.

Some medications can stop the pill from working.



Good things about the pill are:

It is easy to use

It works well

It can help with heavy bleeding and pain when you have your period.



The pill may not be okay for you if:

You smoke and are over 35 years old

You have certain illnesses

You are not good at remembering to take your pill



Remember

The pill will not protect you from sexually transmitted infections.

Use condoms when having sex.

Advice is available from
Sexual Health D&G

If you have any questions or
would like to make an
appointment.



Please phone **0345 702 3687**

or

email:
dgsexualhealth@nhs.net

