

## Easy Read Information



What you need to know  
about the

### **Progesterone Only Pill**



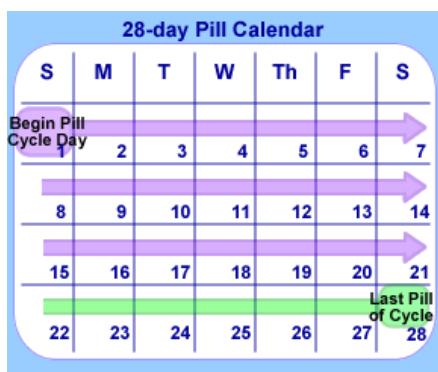
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The progesterone only pill is  
a contraceptive.

Taken by a woman to  
her chances of getting  
pregnant.

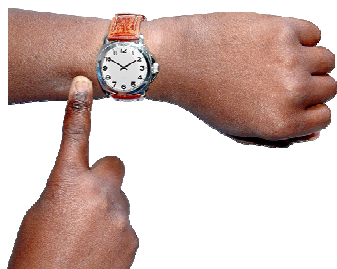


This is a pill you swallow.



You take 1 pill every day.

The pills are usually in packets of 28 and have the days of the week on them.



or

You must take the pill at the time every day.

If you are late taking your pill you must contact your doctor nurse to ask them what you should do.



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

## Side effects



Don't 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 progesterone only pill.

Some medications can stop the pill from working.



### **Remember**

The pill will not protect you from sexually transmitted infections.

Use a condom 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](mailto:dgsexualhealth@nhs.net)