

**The Centre for Women's Reproductive Care
Baringa Private Hospital
31 Mackays Rd, Coffs Harbour**

Harvey Ward
Obstetrician & Gynaecologist
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**THE PROGESTOGEN-ONLY PILL
(MINI PILL)**

You have been prescribed "The POP" (progesterone-only oral pill) to prevent pregnancy.

- It is a reliable method - **PROVIDED YOU REMEMBER TO TAKE THE TABLETS.** Do not stop your pill unless advised by a doctor.
- You may ask your Pharmacist to show you where to start in the packet. Follow the arrows on the packet from day to day until you have finished that packet. Then start your next packet straight away.
- Take your pill **ABOUT THE SAME TIME EACH DAY**, preferably at midday or early evening. If you miss the pill at the usual time you have up to three hours to remember it. If you are **MORE THAN THREE HOURS LATE**, then continue to take your pills but, as an **EXTRA PRECAUTION, HAVE YOUR PARTNER USE A CONDOM** (sheath) **AND/OR YOU SHOULD USE A SPERMICIDE** (eg Delfen foam) until you have a period or you have sought medical advice.
- If you are vomiting or have diarrhoea then you may not absorb the pill. When this occurs take the additional precautions outlined above.
- You may experience some irregularity of periods. Ignore this and continue to take your tablets. Some women (especially if they are breast feeding) have no periods at all with this type of pill.
- This pill is particularly useful if you are breast feeding because it will not interfere with the milk supply. Very small amounts of synthetic progesterone may be present in breast milk but studies suggest that this is not harmful to the baby.
- When you are weaning your baby, it is probably wisest to switch over to conventional pills (combined oral contraceptives).
- If you think you might be pregnant, seek medical advice as soon as possible.
- You may have some minor **SIDE EFFECTS** when you begin the pill **BUT MOST WOMEN DO NOT. DO NOT STOP TAKING THE PILL.** If the symptoms persist or if they are severe, then seek medical advice.
- Major side effects eg clots, heart attacks, strokes have never been shown to be due to this pill. However, you should tell your doctor whenever you see him that you are taking this pill, particularly if he/she prescribes another medication or plans an operation.
- **IF YOU WISH TO HAVE ANOTHER BABY** - simply stop taking your pill. Carefully record when you stop your pill and any periods you have on a calendar. There is no evidence that taking the pill causes infertility or difficulties with conception. Don't forget to start some extra folate and make sure that you are immune to Rubella. If you have any medical problem then it is wise to consult your doctor **BEFORE** you become pregnant.