

How should I take my pill?

There are now many safe ways you can take the combined pill or patch, as long as each pill has the same dose of hormones in (monophasic pills)

This leaflet explains 4 options, so you can choose the one that works for you. These new methods mean taking shorter breaks and taking breaks less often, or never!



What are the benefits?

- Taking the pill this way is safe and modern
- Your contraception is more effective
- Stops you having side-effects in the pill-free week
- 3/5 women on the pill will have eggs ready to be released at the end of a seven day break – starting a new pack even a little late, can result in getting pregnant.
- Your future fertility is preserved by the pill
- The pill has many extra health benefits
- It is not necessary to have a monthly bleed (the lining of the uterus/womb does not “fill up”)

For more detailed information visit

www.sexwise.org.uk

Bleeding problems

If you start to bleed while taking the first strip of pills: finish the strip (21 pills) and then have a 4 day break. Then start a new strip of pills and take one every day for your chosen length of time. Your bleeding should settle within a week of starting your new strip of pills. If it doesn't please come back to clinic.

If you have taken at least 21 pills but have not finished the course of 63 pills and have started to bleed:

- **And have missed a pill or had vomiting**
– this may make your body think you are in your break. The best thing to do is have 4 days off the pill and then restart your course of tablets again. Your bleeding will continue while you are not taking the pill but should stop within a few days of starting your next pack.
If your bleeding does not stop within one week of starting your new strip of pills please continue to take your pills but come back to clinic as soon as possible to discuss this.
- **And start to bleed early** - stop your pill for 4 days and then restart your course of pills again. (You may find that you start to bleed each time after taking the same number of pills, in that case you can just take that number of pills each time and then have a four day break)
- **Experience irregular bleeding**-lease come to the clinic for a check up.

Helpline Number 01495 765065

This regimen of pill taking may not be in the guidance leaflets given to you, (this method is out of licence) but it is perfectly safe to take the pill in this way. Research now shows and recommends this new way of taking pills.

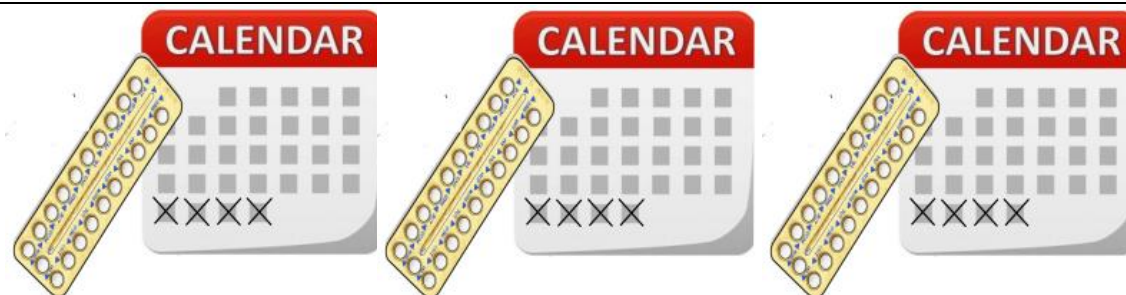
<http://abuhb.nhs.wales/healthcare-services/community-services/sexual-and-reproductive-health/>

You can use these methods with the Patch as well. Remember each patch works for one week so 3 patches is the same as 1 strip of pills



Monthly Breaks

- Take your pill for 3 weeks, then take 4 days break
- Most people have a light bleed during the break
- Start taking the pill again on the 5th day (even if you are still bleeding)



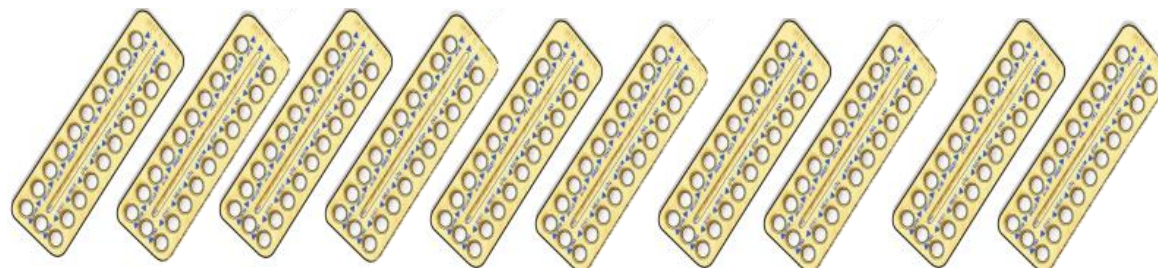
Break every 3 months (Tricycling)

- Take your pill for 9 weeks, then take 4 days break
- Most people have a light bleed during the break
- Start taking the pill again on the 5th day (even if you are still bleeding)



Never take a break!

- Take your pill every single day without taking a break
- Some people will not have any bleeding
- Some people will have some bleeding on and off which can be normal when you take the pill like this



Only break if you're bleeding

- Take your pill every single day
- When you start bleeding, take a 4 day break
- Start taking the pill again on the 5th day (even if you are still bleeding)
- **Follow the GOLDEN RULE:**

When taking the pill, take for *at least* 3 weeks

When taking a break, take *only* 4 days break

