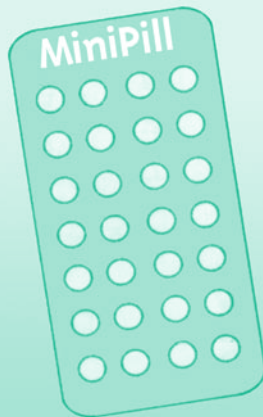
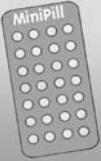


Minipill

Progestin-only
Oral Contraceptives



Balanced Counseling Strategy



Minipill

Progestin-only Oral Contraceptives

General information:

- Requires that you take 1 pill every day.
- Safe for women who are breastfeeding. You may begin the minipill 6 weeks after giving birth.
- May cause irregular monthly bleeding. For breastfeeding women, causes delayed return of monthly bleeding.
- Safe for a woman with HIV/AIDS, even if she takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: Pregnancy rate in first year of use is:

- Correct use (no missed pills) — less than 1 pregnancy per 100 women (1%)
- Typical use (some missed pills) — 3 to 10 pregnancies per 100 women (3 to 10%).
- For breastfeeding women — 1 pregnancy per 100 women (1%)

How method works:

- You take 1 pill every day. The minipill is most effective when you take the pill at the same time every day.
- The minipill has small amounts of progestin. Progestin makes the mucus around the cervix thick. This stops sperm from meeting an egg.
- This hormone also prevents the release of eggs from the ovaries (ovulation).

Important facts:

- Can be stopped at any time without a provider's help.
- You control the method.
- Does not interfere with sex.
- Can cause irregular monthly bleeding.
- You have to remember to take a pill once a day, every day.
- Does not protect against STIs, including HIV.
- Use condoms (male or female) if you feel at risk of STIs, including HIV.

Method not advised if you:

- Are breastfeeding an infant less than 6 weeks of age.
- Have certain uncommon serious diseases of the heart, blood vessels or liver, or breast cancer. Discuss with your health provider.
- Take medicine for seizures or take rifampicin.

Side effects:

- May cause frequent or irregular monthly bleeding for the first several months or the entire time you use the minipill.
- May cause headaches, dizziness, breast tenderness, mood changes, or other possible side effects.
- For breastfeeding women, it takes longer for monthly bleeding to return after giving birth.
- These are normal and not signs of illness.
- Not all women have these side effects.

How to use:

- Begin with the first pill in the packet as directed by your provider.
- TAKE 1 PILL EVERY DAY until you finish the packet.
- Take the pill at the same time every day. Do not miss any pills.
- Have a new packet of pills on hand before you finish your packet.
- If you get your pills from a pharmacy, you can use the instructions in this brochure.
- If you miss taking your pills, follow the guidelines on the next page.

Follow these guidelines if you miss 1 or more pills:

If you:	Do this:
<ul style="list-style-type: none">▪ Are 3 or more hours late in taking the pill– Or –▪ Miss taking 1 pill	<ul style="list-style-type: none">▪ Take a pill as soon as possible.▪ Keep taking the pill every day at the same time. (This means that you may end up taking 2 pills at the same time or on the same day.)▪ Use a backup method (condoms) or avoid sex for the next 2 days.▪ If you have unprotected sex in the past 5 days, consider taking emergency contraception pills (ECPs).
<ul style="list-style-type: none">▪ Vomit within 2 hours of taking a pill	<ul style="list-style-type: none">▪ Take another pill from your packet as soon as possible.▪ Continue taking the pills as usual.
<ul style="list-style-type: none">▪ Vomit or have diarrhea for more than 2 days	<ul style="list-style-type: none">▪ Follow instructions above for missed pills.

Return to the health care facility any time if:

- You have any questions or problems.
- You need more pills.
- You develop any health problems.
- You were late or missed a pill, had sex in the past 5 days, and want to avoid pregnancy. You can take emergency contraceptive pills (ECPs).
- You think you may be pregnant.