



Women's Health Specialists

PROGESTIN-ONLY PILLS (P.O.P) (Previously called minipill)

Unlike combined birth control pills, P.O.P's contain one kind of hormone- a progestin-in smaller amounts that combined pills. Progestin only pills have three contraceptive effects:

- Change the cervical mucus to help block sperm.
- Inhibit ovulation, or release of the egg.
- Inhibit implantation of the egg.

P.O.P's may be the initial pill chosen for patients-

- Who are aged 35 or over
- Who smoke
- Who have history of headaches or hypertension
- Who are nursing. For lactating women P.O.P's may be the best choice, because combined pills may rarely decrease the flow of breast milk.

INSTRUCTIONS:

Swallow one pill each day until you finish your pill pack. Then start your new pill pack the next day. Never miss a day. Choose a convenient time to take the pill and take it at the same time every day.

- If you miss one pill take the missed pill as soon as you remember. Continue to take your scheduled pill at the regular time, even if that means taking two pills in one day. If you are more than 3 hours late taking a pill, use your back up method for the next 48 hours (2 days).
- If you miss 2 or more days in a row, there is an increased chance you could become pregnant. Immediately start using your back-up method. Restart your pills right away and double up for two days. You may also want to consider emergency contraception (morning after pill). If your menstrual period does not begin within 4 to 6 weeks, see your clinician for an exam and a pregnancy test.
- If you may be at risk for sexually transmitted infections continue to use condoms in addition to pills.

While on the P.O.P., your periods may be regular. However, you may experience changes in your cycle.

The following are normal on these pills:

- Spotting between periods
- Irregular cycles or infrequent periods (one or two per year).

If irregular bleeding persists for more than 4 months or becomes annoying, contact your clinician.

If you are on P.O.P and are lactating, contact your clinician once you stop breastfeeding. You may want to change to a combined OCP.

Stop P.O.P.'s any time you want, even in the middle of a pill pack. Remember though, the risk for pregnancy begins immediately. Please begin using another method of contraception if you do not want to become pregnant.

SEE YOUR CLINICIAN IMMEDIATELY IF YOU HAVE SEVERE LOWER ABDOMINAL PAIN WHILE USING P.O.P'S.

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