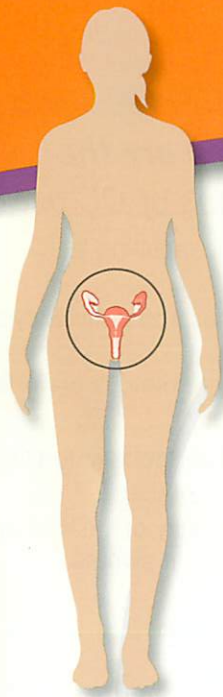
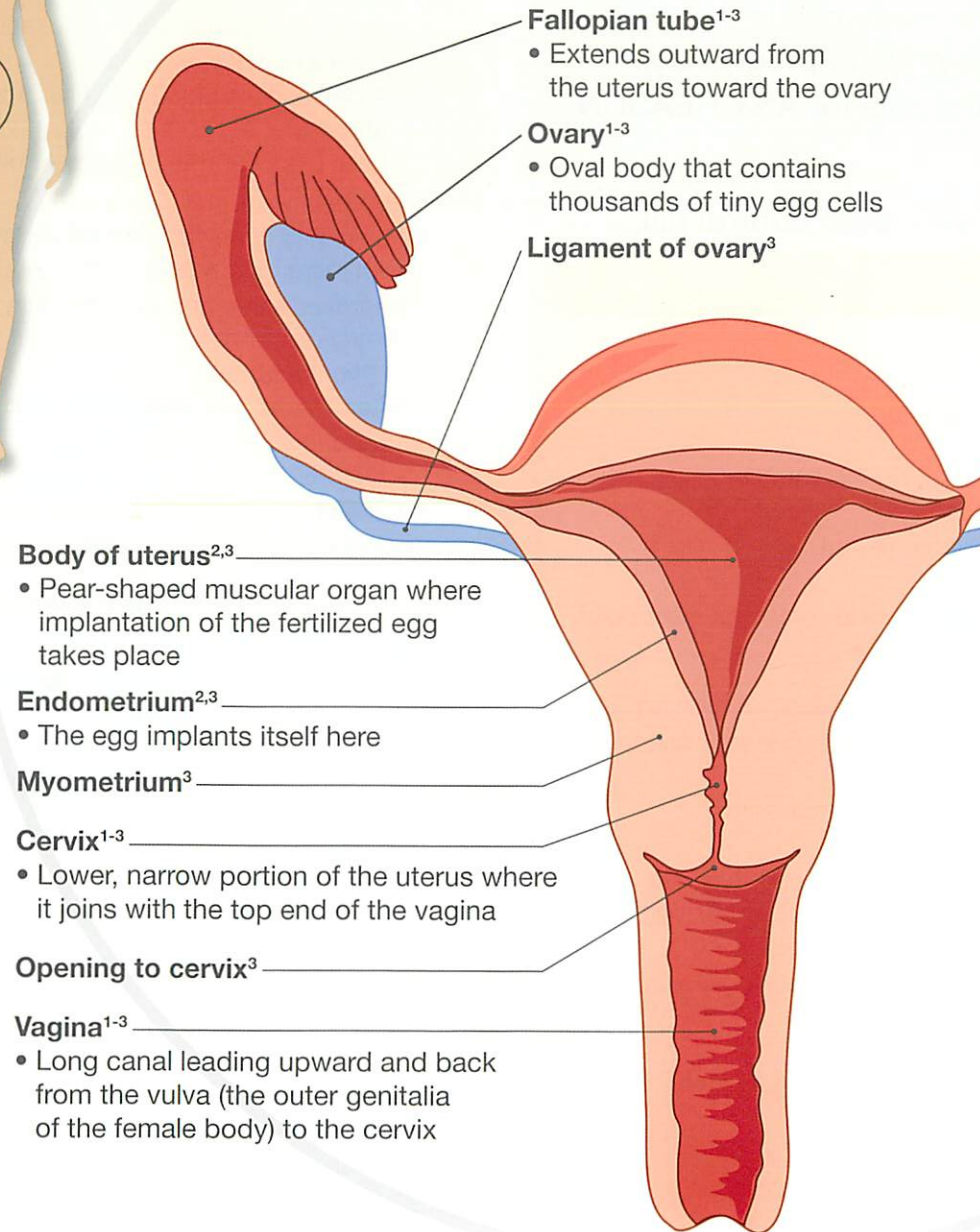


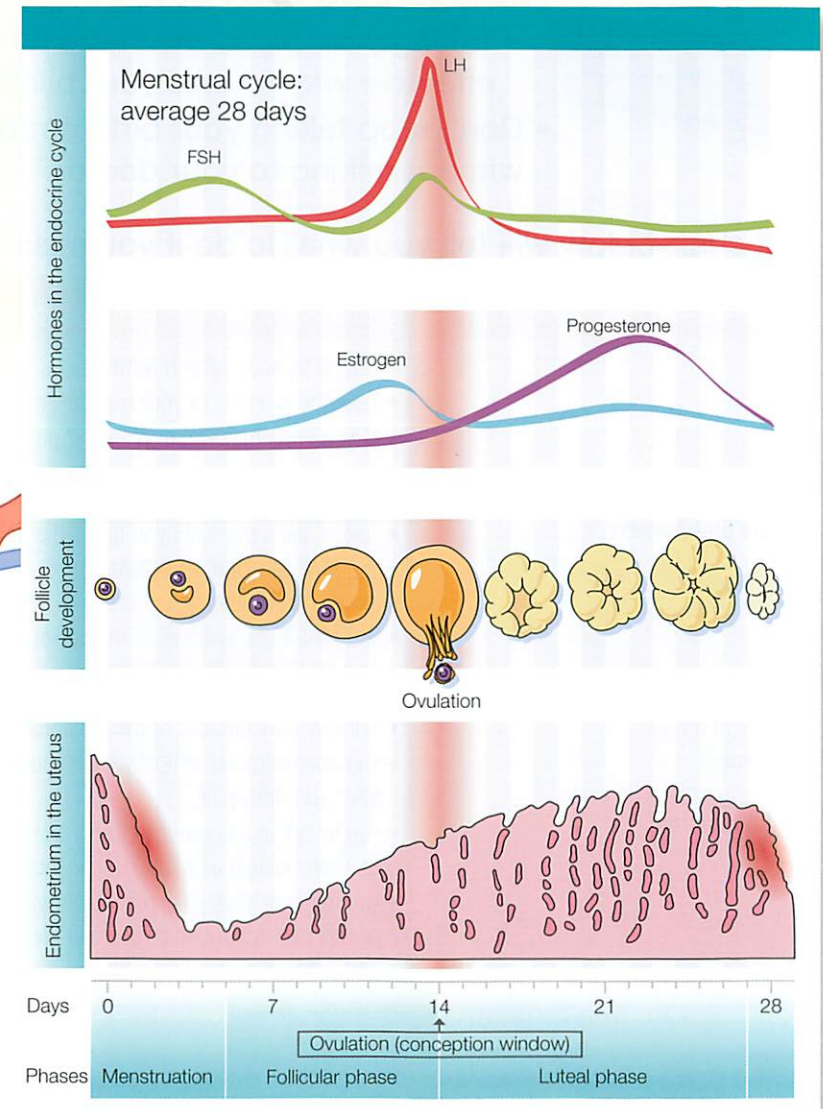
# The Inner You *An inside look at the female reproductive system*



## The uterus



## The menstrual cycle<sup>1\*</sup>

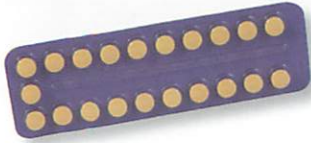


\*Adapted from Smeltzer SC, Bare B.<sup>1</sup>



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# Combination Oral Contraceptives (OC) Missed pills – what to do if you forget your pill



- Take your pill every day.<sup>4</sup>
  - Taking your pill at the same time every day is the most effective way to take your pill to prevent pregnancy.
- Don't stop taking your birth control pills for ANY REASON without talking to your doctor.

The chart below will tell you what to do if you miss your birth control pill.

Number of missed pills	What to do if you miss pills
1 pill	<ul style="list-style-type: none"><li>• Take it as soon as you remember.</li><li>• Take the next pill at your regular time.</li><li>• This means that you may take 2 pills in one day.</li></ul>
2 pills in a row in the first 2 weeks	<ul style="list-style-type: none"><li>• Take 2 pills on the day you remember and 2 pills the next day.</li><li>• Take 1 pill a day until you finish the pack.</li><li>• You <b>MAY BECOME PREGNANT</b> if you have unprotected sex in the 7 days after you miss pills.</li><li>• You <b>MUST</b> use another birth control method (such as condoms or spermicides) as a backup for those 7 days.</li></ul>
2 pills in a row in week 3, or 3 pills in a row	<ul style="list-style-type: none"><li>• <b>THROW OUT</b> the rest of the pill pack and start a new pack that same day.</li><li>• You <b>MAY BECOME PREGNANT</b> if you have unprotected sex in the 7 days after you miss pills.</li><li>• You <b>MUST</b> use another birth control method (such as condoms or spermicides) as a backup for those 7 days.</li><li>• You may not have your period this month, but this is expected. If you miss your period two months in a row, call your doctor or clinic, because you might be pregnant.</li></ul>

Adapted from the SOGC<sup>1</sup>

## References:

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## Other advantages – what are the non-contraceptive benefits of OC use?<sup>5\*</sup>

- Improved control of your cycle resulting in
  - A reliable cycle of bleeding
  - A decrease in blood loss (less iron deficiency / anemia)
  - Less dysmenorrhea (painful or difficult periods)
- Improvements in acne
- Lower risk of pelvic infection and tubal infertility with more than twelve months of use
- Improved sleep and overall quality of life through reduction of hot flashes and night sweats in perimenopausal women
- After 8 years of combined OC use
  - 50% lower risk of ovarian cancer
  - 50 to 60% lower risk of endometrial cancer
- Fewer benign ovarian cysts

\*Non-contraceptive benefits of combination OCs are not indicated uses.

## Combination oral contraceptives (OC) – side effects

Most commonly experienced side effects with combination OC use<sup>4</sup>

- Abnormal menstrual bleeding (e.g., breakthrough bleeding / spotting)
- Nausea
- Weight gain
- Mood changes
- Breast tenderness
- Headache



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