

## REMEMBER

- To get a complete examination once a year (PAP smear and a test for Sexually Transmitted Infections).
- Never use anyone else's pills
- When seeing a doctor for other problems be sure to mention that you are using birth control pills, especially if you are prescribed other medication.
- If you become ill, have an episode of diarrhea or vomiting or are taking antibiotics such as Tetracycline or Ampicillin, use a back up method of birth control for the remainder of that cycle.
- Birth Control Pills **DO NOT PROTECT** against STI's, including HIV/AIDS. For protection against STI's, it is advisable to use latex condoms **IN COMBINATION** with birth control pills.

If you have any questions regarding the Birth Control Pill that you are taking, please contact the Sexual Health Clinic in your community.

### Dryden

75 D Van Horne Avenue  
223-8777

Mondays 8:30 am - 4:30 pm  
Thursdays 1:00 - 4:30 pm

### Fort Frances

396 Scott Street  
274-9371

Mondays 1:00 - 4:30 pm  
Thursdays 1:00 - 4:30 pm

Fort Frances High School  
Mondays 10:00 am - 12:00 pm

### Kenora

21 Wolsley Street  
468-4503

Mondays 9:00 am - NOON  
Wednesdays 10:00 am - 6:00 pm

Beaver Brae Secondary School  
Mondays 11:30 am - 1:00 pm

### Sioux Lookout

47 B Front Street  
737-2292

Thursdays 8:30 am - 4:30 pm

Queen Elizabeth High School  
Wednesday 11:30 am - 1:00 pm

## Oral Contraceptives

## Taking Your Pills



**HOW TO START:** Take the 1st pill on the Sunday after your period starts. If your period begins on Sunday, start that same day.

It is a good idea to use another method of birth control during your 1st month on the pill. Contraceptive foam/ gel/suppositories and condoms are a good choice.

**WHEN TO TAKE THE PILL:** Take one pill a day (at approximately the same time each day) until you finish the pack. If you are using a 28 day pack, start a new pack immediately. If you are using a 21 day pack, stop taking the pills for 7 days, then start a new pack (on Sunday).

### WHAT IF YOU FORGET?

#### MISS ONE PILL

Take it as soon as you remember and take the next pill at the usual time. This means that you might take two pills in one day.

#### MISS TWO PILLS IN A ROW

##### In the first two weeks of the package:

1. Take two pills the day you remember and two pills the next day.
2. Then take one pill a day until you finish the pack.
3. Use a back-up method of birth control if you have sex in the 7 days after you miss the pills.

##### In the third week of the package:

1. Keep taking one pill a day until Sunday.
2. On Sunday, safely discard the rest of the pack and start a new pack that day.
3. Use a back-up method of birth control if you have sex in the 7 days after you miss the pills.
4. You may not have a period this month.

**IF YOU MISS TWO PERIODS IN A ROW, CALL YOUR DOCTOR OR CLINIC**

#### MISS THREE OR MORE PILLS IN A ROW

##### Anytime in the package:

1. Keep taking one pill a day until Sunday.
2. On Sunday, safely discard the rest of the pack and start a new pack that day.
3. Use a back-up method of birth control if you have sex in the 7 days after you miss the pills.
4. You may not have a period this month.

**IF YOU MISS TWO PERIODS IN A ROW, CALL YOUR DOCTOR OR CLINIC.**

**WHAT IF YOU MISS A PERIOD?** This may happen occasionally even if you have taken your pills every day on schedule. Start your next package of pills but go to your doctor or the Sexual Health Clinic for a pregnancy test as soon as possible.

**SIDE EFFECTS:** These side effects should only last a couple of cycles - slight nausea, fluid retention, increased appetite (may cause slight weight gain), headaches, moodiness, breast tenderness, spotting. If uncomfortable side effects last longer than 2 cycles or worry you excessively, call your doctor or the Sexual Health Clinic.

These side effects may be experienced for a longer time - a change in your acne, lighter periods, less menstrual tension and cramping.

### CONTACT YOUR DOCTOR OR THE SEXUAL HEALTH CLINIC IF YOU EXPERIENCE:

- \* A - Abdominal Pain
- \* C - Chest Pain (shortness of breath)
- \* H - Headaches (severe)
- \* E - Eye Problems (blurred or loss of vision)
- \* S - Severe Leg Pain