

Genesis Ob/Gyn, inc.

INSTRUCTIONS FOR HORMONAL CONTRACEPTION **BIRTH CONTROL PILLS** **BIRTH CONTROL PATCH** **BIRTH CONTROL RING**

ADVANTAGES: Hormonal contraception is easy to use and 97% effective. Periods are regular with less cramping and lighter flow. Acne, anemia, and endometriosis may improve. It may offer protection from ovarian cysts, ovarian and endometrial cancers, pelvic inflammatory disease (P.I.D.), some breast tumors, and premenstrual tension.

DISADVANTAGES: (Common side effects which generally disappear after 2-3 months); spotting or breakthrough bleeding, nausea, breast tenderness, mood changes, weight gain or loss, and very rare but dangerous side effects are blood clots in legs, lungs, or eyes.

INSTRUCTIONS:

1. If you are on birth control pills, take one pill the same time daily within one hour. Begin your first pack of pills the Sunday after your period begins. If your period begins on Sunday, start your pills on the same day. If your period starts on any other day of the week, start your pills on the following Sunday.

If you are on the patch, start the same as the birth control pills. Change the patch once per week on the same day. Take the fourth week off.

If you are on the ring, start the same as the birth control pills. Leave the ring in place for three weeks. Take the fourth week off.

2. Your first month of contraception will not be effective until you have been using it for two weeks. A backup method (foam and condom or abstinence from sex) should be used during this time.
3. If you are given antibiotics, such as Ampicillin, Augmentin, Amoxicillin, Metronidazole, Tetracycline, Macroclantin, Doxycycline, or Vibramycin, use a backup method of birth control the rest of that month and continue taking your birth control. Theoretically, antibiotics may decrease the effectiveness of hormonal contraception although this has not been shown to be the case in multiple studies.
4. If you are taking the pill and experiencing diarrhea or vomiting, use an additional method of protection, such as foam and condom.
5. Spotting in the first 3 months of contraceptive use is normal. If you spot on your fourth month, call or make an appointment so we can change the type of contraception you are on. Do not just stop taking them. If you miss taking a pill or are late changing your patch or putting in the ring, spotting may occur, just bear with it and keep taking your pills or put on your new patch or ring. (Next month will be normal if you don't miss again). Use backup protection (such as foam and condoms) for the remainder of the cycle.

6. If you miss a period, this does not necessarily mean you are pregnant. Over time, the menstrual flow may decrease. Your periods may be very light, spotting only or no bleeding at all. You may take a pregnancy test and, if negative, continue taking your contraception as usual.
7. Examine your breasts at the end of your cycle and have a pap smear every year. If you are age 35, you need to consult with your health care provider regarding mammograms.
8. For birth control pills, if you miss ONE pill, take the one you forgot as soon as you remember and take your regular pill at the usual time. Use a backup method of birth control, such as foam and condom, for the remainder of the pack.

If you miss TWO pills in a row, then take two tablets as soon as you remember and take two tablets the next day, then return to your regular schedule. Use a backup method of birth control for the remainder of the pack.

If you miss THREE pills in a row, you will probably begin your period. Whether or not you are menstruating, throw away the rest of your pack and begin your next pack as you did when you first started the method, i.e., wait until the Sunday after you start bleeding. Use a backup method of birth control until you are two weeks into the next pack of pills. If the pills you miss are from the 4th week of a 28 day pill pack, simply throw away the missed pills, then continue taking pills from your current package of pills on schedule. The pills in this 4th week do not contain hormones, so missing these pills does not increase your risk for pregnancy at all.

Early Warning Signs

CAUTION: Abdominal Pain (severe)
 Chest Pain (severe, cough, shortness of breath)
 Headache (severe, dizziness, weakness, or numbness)
 Eye problems (vision loss or blurring); speech problems
 Severe leg pain (calf or thigh)

See your clinician if you have any of these problems or if you develop depression, yellow jaundice or breast lumps.

If you smoke, stop smoking. If you cannot, it is all the more important that you watch for the warning signals. If you do smoke, we will no longer prescribe estrogen-containing contraceptives after age 35. Smoking increases the risk of blood clots at any age.

Do not ignore these problems or wait to see if they disappear. Contact us immediately. Hormonal contraceptives are safer when you get help as soon as problems arise.