

# 3 ways to take the pill:



**Have  
a period  
EACH MONTH**

Take 1 hormone pill each day.

Then take the 7 non-hormone pills. You will get your period during this time.

**OR**  
Take all 21 hormone pills. Then take the 4 non-hormone pills. You will get your period during this time.

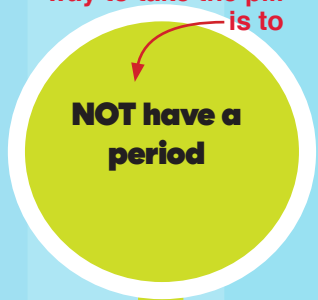


**Have  
a period EVERY  
FEW MONTHS**

Take 1 hormone pill each day.

Miss the 7 non-hormone pills most months.

Take the 7 non-hormone pills when you want to have a period.




The most effective way to take the pill is to

**NOT have a  
period**

Take 1 hormone pill each day.

Miss out the 7 non-hormone pills. Start the hormone pills in the next packet.

Continue like this, taking only the hormone pills.

 You might be able to get some pill repeats by talking with our nurse on the phone. Ask at the clinic if this is an option for you.

How to take your pill:

## Combined Oral Contraceptive Pill

### Te Pire Ārai Hapū Tukutahi

1. You do not have to have a period when taking the pill.
2. Taking a hormone pill every day is most effective.
3. Your pill may not work as well if you miss pills, take some medications or have vomiting or diarrhoea.

The combined oral contraceptive pill packet has **21 hormone pills** and **7 non-hormone pills** (28 pills).

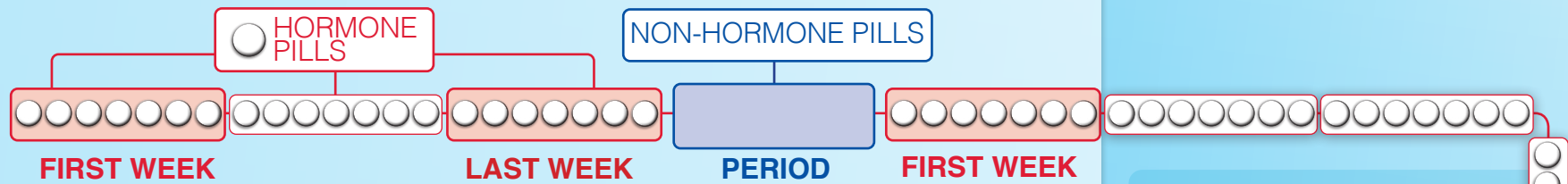
**Start your pill on** .....

Take one pill every day.

You will be safe after taking .....**hormone pills**.

**Contact Sexual Wellbeing Aotearoa** or your health provider at once if you have:

- sudden chest pain/cough up blood/become short of breath
- a painful calf (lower part of the leg)
- a severe headache affecting your vision, speech, arms or legs.



## Missed Pills?

If you miss 1 or more pills, you may get spotting or bleeding.

### If you miss 2 or more hormone pills or you have diarrhoea or vomiting

- in the first week after starting the pill for the first time  
**OR** in the first week after a break or taking non-hormone pills
- **OR** the last week before a break or taking non-hormone pills

Then you need to use the **7-day rule**

### If you miss more than 8 hormone pills or you have diarrhoea or vomiting in the other weeks

Then you need to use the **7-day rule**

## The 7-day rule

You will not be safe from pregnancy until you have taken **7 hormone pills in a row – 1 each day**

If there are less than 7 hormone pills left in your pack, finish these and start a new pack. Do not take the 7 non-hormone pills or have the 7-day break.

Use another method of contraception such as condoms **OR** do not have sexual intercourse until you have taken the 7 hormone pills. If during this time the condom fails, you will need emergency contraception.

## Irregular bleeding

Irregular bleeding is common when you first start taking the pill and when you are taking the pill continuously.

You can get more information on how to safely have a short break from the pill to reduce irregular bleeding. [Check our website under advice/contraception/combined oral contraceptive pill.](#)

If your irregular bleeding continues and is a problem for you, phone us for advice or to book an appointment.

