

## What are the advantages?

### EASY TO USE

It is simple and convenient. It doesn't interfere with sexual intercourse.

### BREASTFEEDING

It does not reduce the supply of breast milk. Babies whose mothers have taken this pill while breastfeeding have been studied for many years. No adverse effects on the babies have been shown.

### AGE

This pill can be used by women of any age.

### SIDE EFFECTS

There are very few side effects. The research does NOT show that the pill causes weight gain, depression or headaches.

## What are the disadvantages?

The pill must be taken every day whether you have sexual intercourse on that day or not.

This pill may change your periods. Some irregular bleeding may occur for a few months after starting the pill. This does not mean that the pill is less effective as long as you have not missed pills. If the bleeding continues, keep taking your pill but check with a Family Planning clinic.

## Does this pill protect you from sexually transmissible infections (STIs)?

No. You need to use condoms (and lubricant) as well to protect against STIs.

## Does this pill cause cancer?

The research shows no link between the progestogen-only pill and cancer.

# The Pill

## Progestogen-only

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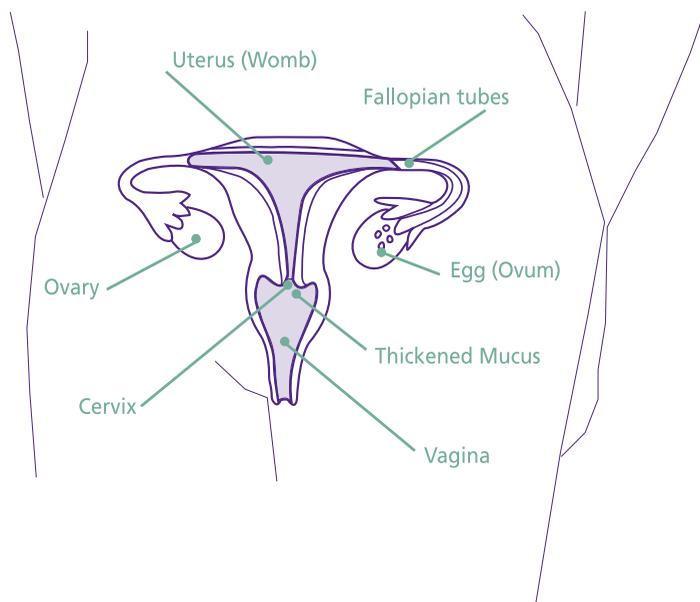
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## What is it?

The progestogen-only pill (POP) is a pill women take to prevent pregnancy. The progestogen-only pill contains one hormone, progestogen. It does not contain any oestrogen.

## How does it work?

Some POPs work mainly by thickening the mucus in the cervix so sperm can't travel through it. Cerazette also works by stopping a woman from producing a monthly egg, and changes the lining of the womb so it is less likely to accept a fertilised egg.



## How well does it work?

Typically this pill is 92% effective (this means that 8 women out of 100 will get pregnant each year). When pills are taken perfectly, it can be more than 99% effective.

## When do I take it?

Some POPs must be taken within 3 hours of the same time every day. Cerazette must be taken within 12 hours of the same time every day. For full instructions see Family Planning instruction sheet.

## What will I notice?

Your bleeding pattern may change. About 40% of women have regular bleeding, 40% have irregular bleeding and 20% have no bleeding.

## Becoming pregnant after stopping

Your natural fertility will return as soon as you stop taking the pill.

If you get pregnant while taking the pill, and decide to continue with your pregnancy, the chance of having an abnormal baby is not increased.

## Who can use it?

This pill is especially recommended for

- women who are breastfeeding
- women who for medical reasons cannot use the combined pill.

## Who should not use it?

- women who have had breast cancer
- women who are taking some medications, over-the-counter preparations or herbal remedies - check with your doctor if you take regular medicine