



NEW STARTS OR CHANGES OF CONTRACEPTION

1. If this is your first month on birth control pills, you are *not* protected against pregnancy. Use backup contraception through the first month of birth control pills.
2. The first 3 months on any birth control are considered a period of adjustment. Expect break-through bleeding through the first three cycles on any new birth control. If you are taking the pill correctly and the bleeding continues through the 4th cycle, call the office for instruction.
3. Get into a routine of taking your pill at the same time every day, otherwise, anticipate break-through bleeding. Ex: place by your alarm clock or toothbrush to remind you to take it at the same time.
4. If you miss a dose, take an extra dose the next day (this may cause mild nausea as well as break-through bleeding).
5. If you miss two doses, double up for the next 2 days-taking 1 in the morning and 1 at night (again, this may cause break-through bleeding).
6. If you miss 3 or more pills you are not protected against pregnancy through this cycle. Use back up contraception through the rest of the month and expect break-through bleeding.
7. The use of antibiotics while using oral or vaginal contraception will reduce the effectiveness of the contraception, therefore, if you are placed on any antibiotics use some form of back up contraception to protect yourself from pregnancy.