

This leaflet provides some information about the combined pill but you should speak to a person trained in sexual health advice before deciding if this is right for you.



Information about the combined contraceptive pill

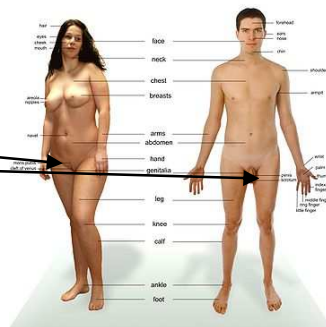
You may need some help when you start to take the pill. Ask your carer or some one who supports you for help .

The pill does not protect you from getting a sexually transmitted infection.

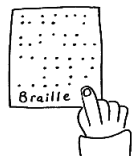
Male Condom



You need to use a condom.



This leaflet is available in other languages or formats



This leaflet was developed by the sexual health service at Wirral PCT and Western Cheshire PCT. The information was made 'easy read' with the support of Cheshire and Wirral Partnership NHS Foundation Trust.

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The information in this leaflet was valid at the date of production **October 2010** and is due for review in **October 2012**.

Note for staff/carers:

The information in this leaflet should be discussed with the service user by a health professional trained in providing sexual health information

What is the combined pill?

The combined pill can stop you getting pregnant and having a baby.



Where can I get the combined pill?

There are different places where you can get the pill

- From your doctor
- From a sexual health clinic

This is sometimes called a family planning clinic

You do not need to have an examination to get the pill.

A nurse or doctor will need to ask you questions about your health.



The doctor or nurse will check your blood pressure, height and weight.



What if I am sick or taking medication?



If you are sick the pill will not work.

If you have diarrhoea the pill may not work.



You need to tell your doctor if you have been sick or have had diarrhoea.



When you feel better you must carry on taking your pill and use a condom for 7 days.

Some types of medication can stop the pill working properly.



If you are taking medication or have any other questions you need to talk to your doctor or nurse.

Can I get pregnant during the 7 day break?

If you have taken your pills correctly you will not get pregnant.

You must start your new pack of pills on the 8th day.



What if I forget to take the pill?



If you forget to take a pill you must take it when you remember and speak to your doctor or nurse.

If you have not used a condom and had sex they will talk to you about emergency contraception.

Emergency contraception is sometimes called the morning after pill.



Emergency contraception is a pill that will stop you getting pregnant.

You need to take the emergency pill within 3 days of having sex.



It does not cost any money to get the pill.



The things you talk about are confidential.

This means that no one will know that you have been to get the pill unless you want to tell them.

What is good about the combined pill?



When you have your period you can have less bleeding.



You can have less period pain.

The pill is easy to take.



You take the pill at the same time every day.

What is not good about the combined pill?

There are some health problems that people can get when they take the pill.

These problems are called side effects but not everyone gets them.

Having a headache

Feeling sick

A small number of women can get pain in some parts of their body.

This can be in their legs, chest or head.

If you are worried talk to your doctor or nurse.



How do I take the combined pill?



You take the first pill the day that your period starts.

You take 1 pill every day for 21 days.



You must take the pill at the same time every day.

After 21 days there will be no pills left in the packet.

You do not take a pill for 7 days.



When you stop taking the pill for the 7 days you can have some bleeding.

This is called having your period.

You will then start a new packet of pills and take one pill for 21 days.

