

BIRTH CONTROL IS A SAFE WAY TO PREVENT PREGNANCY

The risks of any birth control are less than the risks of pregnancy.

Choose which method works best for you.

There are possible side effects with all birth control, just like any medication.

Come back to the clinic if you experience signs of pregnancy, change in vaginal discharge, abdominal or pelvic pain, possible exposure to an STI, painful sex, bleeding after sex, headaches, mood changes, or severe pain in your chest, abdomen, or legs.

SCAN ME!



MINNEAPOLIS SCHOOL BASED CLINICS

Edison: Room 107	612-668-1321
Henry: Room 212	612-668-1944
FAIR: Room 222	612-668-1064
Longfellow: Room 126	612-668-4723
Roosevelt: Room 143	612-668-4834
South: Room 122	612-668-4333
Southwest: Room E021	612-668-3040
Washburn: Room 002	612-668-3453

Minneapolis Health

For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.

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THE PILL



MINNEAPOLIS
SCHOOL BASED CLINICS program

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HOW IT WORKS

The pill can be taken by someone with a uterus to prevent pregnancy. It contains the hormones estrogen and progesterone to stop eggs from leaving the ovary and thicken cervical mucus to prevent sperm from entering the uterus.

1 pill is taken by mouth every day. The pill pack contains 21 “active” pills that contain hormones and 4 to 7 “reminder” pills with no hormones. Your period comes while you are taking the “reminder” pills. The purpose of taking these reminder pills is to help keep you on track with taking the pill every day.

BENEFITS

- 91% effective
- Regular periods
- Lighter, shorter periods and less cramping
- Less acne
- Decreased risk of ovarian cancer and cancer of the lining of the uterus
- Some protection against pelvic inflammatory disease

POSSIBLE SIDE EFFECTS

Especially in the first 1 to 3 months:

- Nausea
- Bloating feeling
- Spotting between periods
- Chest tenderness
- Mood changes
- Headache

HOW TO USE

You can start on the 1st Sunday after your period starts, or the 1st day of your period (re-label the pack to match the 1st day).

You can also start the 1st day you get your pills (re-label your pack).

When you finish your “reminder” pills, start a new pack the next day. Do not wait.

If you don't get your period with the “reminder” pills, come to the clinic for a pregnancy test.

Remember: Take 1 pill a day **at the same time every day**. Do not skip pills or take pills out of order even if you are bleeding, feel sick to your stomach, or do not have vaginal sex very often.

GETTING STARTED

When starting this medication, use condoms or avoid vaginal sex for 7 days to prevent pregnancy. **The medication can take up to 7 days to start working.**



WHAT IF I MISS A PILL?

Taking a pill up to 12 hours late may decrease your pregnancy protection.

In all of the following situations, avoid vaginal sex or use condoms for 7 days:

If you miss 1 pill: Take the missed pill as soon as you remember. Then take your next pill at the regular time. This means you might take 2 pills within 24 hours.

If you miss 2 pills: Take the 2 pills on the day you remember and 2 pills the next day. Avoid vaginal sex or use condoms for 7 days. Then take 1 pill a day until you finish the pack.

If you miss 3 or more pills in a row or are missing pills frequently: Use condoms every time you have sex and come to the clinic so we can help. A different birth control method may work better for you!

If you just started the pill and have vaginal sex without a condom, you could be at risk of pregnancy. Come to the School Based Clinic to talk with a medical provider or get emergency contraception (Plan B/Ella).

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. **The pill does not prevent sexually transmitted infections.**