

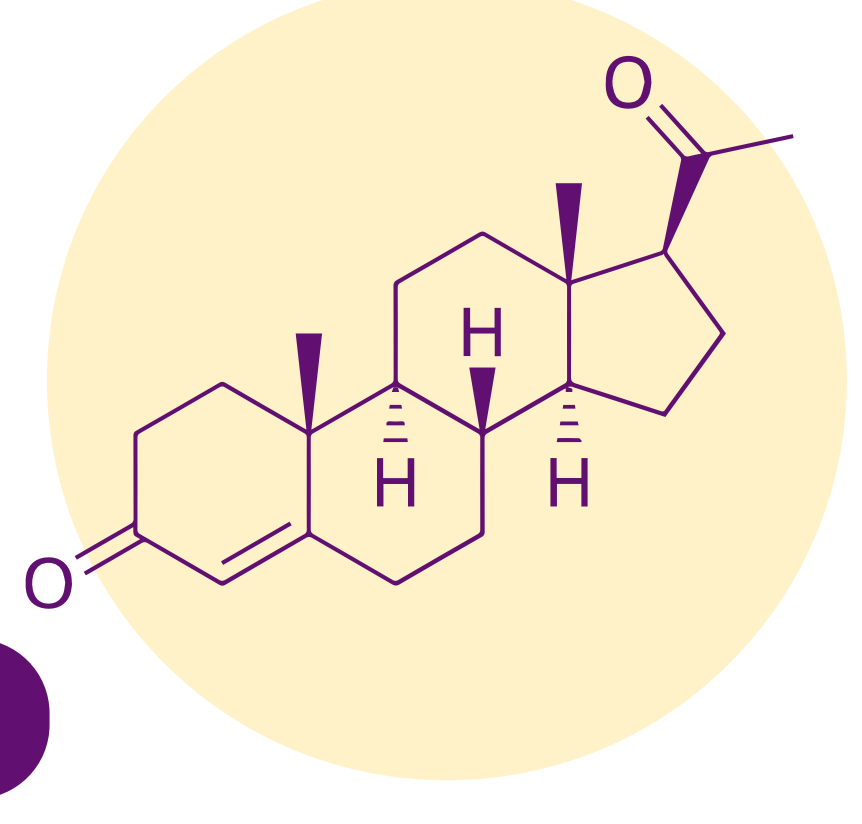
What You Need to Know About the Mini Pill

Learn about this progestin-only oral contraceptive pill

What is the mini pill?

Most birth control pills contain the hormones estrogen and progestin, a human-made form of progesterone.

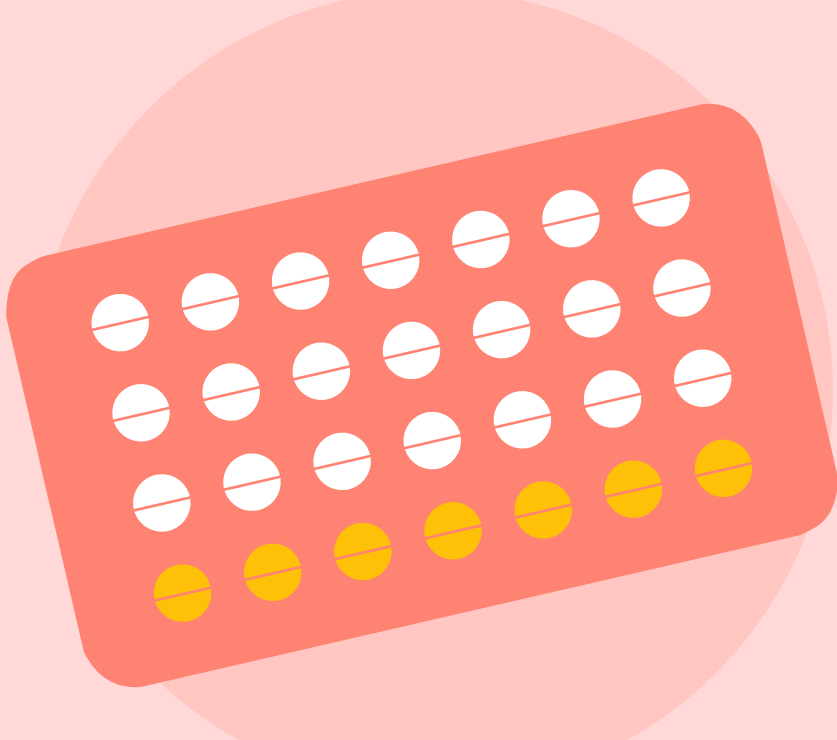
The mini pill contains only progestin.



⊖ Progestin-only pills are sometimes called POPs.

How does the mini pill work?

Mini pills interfere with ovulation and trick your body into thinking it's already pregnant — because eggs aren't usually released during pregnancy.



But mini pills don't *always* stop ovulation, so they also have a backup plan:

They also make the uterus wall thinner. So if your ovaries do release an egg and sperm does get to the egg, the thinner uterus wall can't support a pregnancy. Progestin also kills sperm so it can't travel to the uterus.

The mini pill has other benefits aside from contraception

- Helps reduce acne breakouts
- Makes your menstrual periods more regular, lighter and less painful



Like all medications, the mini pill has some risks or side effects.

- Acne
- Bleeding between periods
- Change in weight
- Headaches
- Increased hair growth
- Nausea
- Sore breasts



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You need a prescription to get the mini pill. It is not available over the counter.

Your HCP might agree that the mini pill is right for you if you:

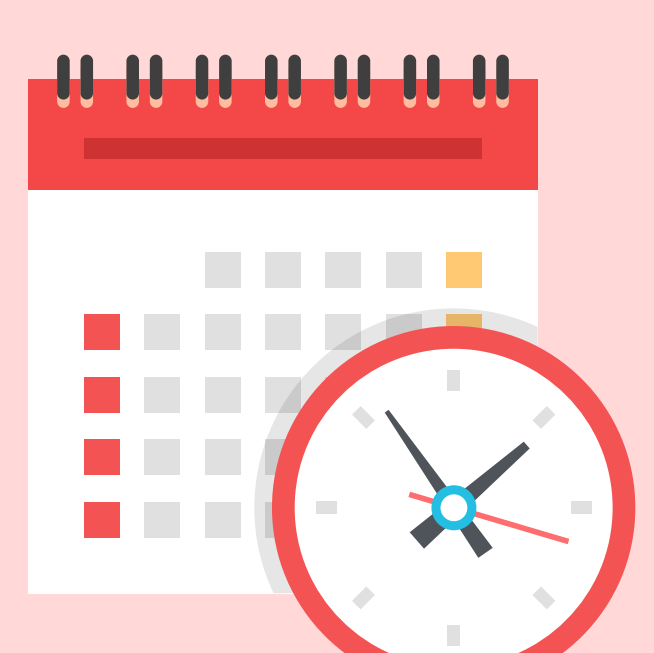
- Have had blood clots or clots in the lungs
- Have a medical issue that could cause blood clots
- Are worried about or have had side effects from estrogen-progestin pills
- Are breastfeeding
- **Are over 35 and smoke**
- Have high blood pressure
- Have **migraine disease**

People who shouldn't take the mini pill include those who:

- ✗ Have had **breast cancer** or **liver disease**
- ✗ Have unexplained uterine bleeding

To help the mini pill be as effective as possible, here are some things to remember:

- 1 It takes a month to work. Use an additional barrier method of contraception, like a condom.
- 2 You must take the mini pill at the same time every day for it to work. If you are even 3 hours late, you should use backup barrier contraception until your next period.
- 3 If you miss a dose, you need to use a backup method until your next period



What does the mini pill not do?



Guarantee 100% protection against pregnancy. **About 10% of people** using mini pills get pregnant.

Protect you from **sexually transmitted infections** (STIs). If you are in a situation where you could contract an STI, like **syphilis** or **HIV**, you must use a barrier contraceptive method.



When picking up your prescription

- ✓ Ask your pharmacist when you should start taking the pill (at what point during your cycle).
- ✓ Ask what other medications might interfere with the pill's effectiveness. Some medications, like certain antibiotics, can affect how well the pill works.