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INSTRUCTIONS FOR BIRTH CONTROL PILLS

- 1. Begin taking your pills the first day of your next period. Take your pills in the order they appear in the pack.*
- 2. Take one pill every day at approximately the same time of the day. When you finish a pack of pills, start the next pack the next day.*
- 3. Use a back up method (condoms and foam) of birth control the first month you are on the pill.*
- 4. If you forget one pill, take TWO the next day.*
- 5. If you forget two pills, stop, wait for a period and start as stated in #1 Use a back up method for the rest of the pack.*
- 6. On the day you start your last pack of pills, call the office to make an appointment for sometime in the next four weeks.*

SIDE EFFECTS

When you start taking the pill, you may notice some of the following:

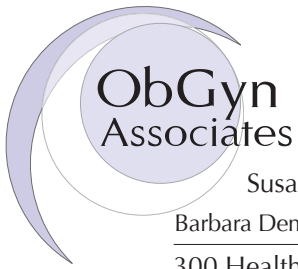
- Nausea*
- Weight gain*
- Breast tenderness*
- Spotting between periods*

These side effects usually disappear within two months after starting the pills. If they do not disappear, call the office. Your practitioner may need to change your birth control pills. DO NOT STOP TAKING YOUR PILLS! If you need to stop your pills, please call the office and we will help you find another form of contraception.

SERIOUS SIDE EFFECTS

If you notice any of the following symptoms, contact the office immediately:

- Sharp pain in the chest, coughing up blood, or sudden shortness of breath*
- Pain in the calf of the leg*
- Sudden severe headache or vomiting, dizziness or fainting, disturbance of vision or speech or weakness and numbness in the arm or leg*
- Breast lumps*
- Severe pain in the abdomen*
- Severe depression*
- Yellowing of the skin*



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PREGNANCY

- *If you suspect you are pregnant, stop taking the pills; use a back up method of birth control and take a pregnancy test.*
- *If you wish to become pregnant, there is no need to wait several months after stopping the pill. This is a myth. Just stop and assume your most fertile time will be in the second to third week after the first day of placebo pills.*