

Who Can I Contact?



DURHAM
REGION
HEALTH
DEPARTMENT

If you require this information in an accessible format, contact 1-800-841-2729.

Sexual Health Clinics

Monday-Friday

Oshawa

905-433-8901 or
1-800-314-8533

Pickering Port Perry

905-420-8781
905-985-4891 or
1-866-845-1868

Related Websites

durham.ca/sexualhealth
sexualityandu.ca



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Missed a pill?

- * Take the missed pill as soon as you remember
- * Take the next pill at your usual time (this means that you may have to take two pills in one day)
- * **Abstain*** or use **condoms** for the next 7 days

References:

The Society of Obstetricians and Gynecologists of Canada [SOGC] (2008) Missed hormonal contraceptives: New recommendations. Retrieved from <https://sogc.org/wp-content/uploads/2013/01/gui219EC00811.pdf>

*Abstain = no sex

Missed 2 or more pills?

- * Call one of the Sexual Health Clinics
OR
- * Visit sexualityandu.ca to access "S.O.S. Stay on Schedule". This application is your guide to taking contraception after a missed dose or extended dose.

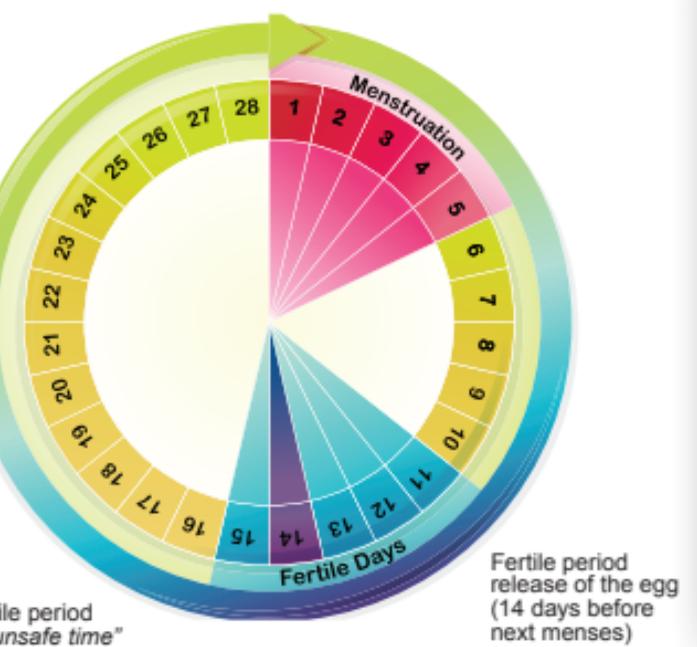


You &
The Pill

How Does My Menstrual Cycle Work?

- * Every woman's cycle varies and to avoid pregnancy it is important for you to always use protection. The 28 day cycle diagram and discussion below, is for an average female. However, young women often have more irregular periods and may ovulate at any time during the cycle.
- * The start of bleeding signals the first day of the menstrual cycle (Day 1).
- * Day 1-14 the uterus prepares for pregnancy ready to receive the egg.
- * During this time the uterine wall thickens, becoming rich with blood and nutrients, to support the egg.
- * About 14 days before the next period is expected, hormones signal the ovaries to release an egg (ovulation).
- * If the egg is not fertilized, the uterine wall is shed, resulting in your period.
- * REMEMBER! Sperm can live up to 5 DAYS in the reproductive tract and thus the fertile or "unsafe time" spans before and after ovulation..

an average 28 day menstrual cycle



Myth: The birth control pill causes weight gain.

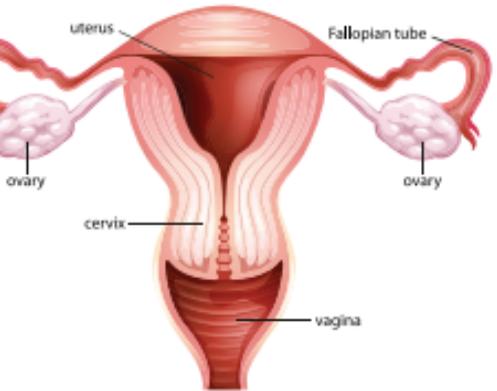
Truth: The pill can cause an increased appetite, but the hormone levels are low enough that taking the pill will not cause weight gain.

Myth: The pill doesn't work very well

Truth: The pill is one of the most reliable forms of birth control. It is 97-99% effective, **when used correctly!** This information is provided to help you understand the birth control pill & your menstrual cycle.

What is the Birth Control Pill?

- * It is an effective way to prevent pregnancy, but it does not protect you from sexually transmitted infections (STIs). **It is important to use a condom to protect yourself from STIs while taking the birth control pill.**
- * It is made up of hormones (estrogen & progesterone) that are naturally found in your body.
- * It prevents pregnancy by:
 1. stopping the ovaries from releasing an egg
 2. changing the lining of the uterus so the fertilized egg cannot grow
 3. making the mucus in the cervix thicker so sperm has a harder time getting through



What are the risks of taking the Pill?

In very rare cases, a woman who takes the pill might develop a blood clot. The signs of a blood clot are:

- A** • Abdominal pain (severe)
- C** • Chest Pain (severe), cough, or any trouble breathing
- H** • Headache (severe), dizziness, weakness or numbness in arms and legs
- E** • Eye problems (blurred vision or loss of vision)
- S** • Severe leg pain (calf or thigh)

If you develop one or more of these symptoms, contact a doctor right away!

What are the Side Effects?

Headaches, nausea, vomiting, breast tenderness, increased appetite, mood swings or bleeding between periods (breakthrough bleeding).

These usually disappear within the first 3 months and if they continue longer, contact your doctor or clinic.

How Do I Take the Pill? (28 day pkg.)

- * Take the pill at the same time every day. To help you remember, make it a routine like brushing your teeth.
- * When starting a pill package, you can start either on the 1st Sunday after your period begins or within the first 5 days of the start of your period.
- * Take one pill every day until they are all gone, and then begin a new package the very next day. The last 7 pills are 'sugar pills' (contains no hormones) and during this time you will begin your period. These are reminder pills to help you get in the routine of taking one pill every day. REMEMBER!! Always use a condom for extra protection.