

Remember, the mini-pill **does not protect you from Sexually Transmitted Infections or HIV.**

Always use condoms to protect yourself!



### HOW DOES THE MINI-PILL WORK?

- The mini-pill contains a hormone like the ones your body makes. It works by making the mucus in your cervix too thick for sperm to pass through. If sperm cannot reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. The mini-pill is 93% effective.

### HOW DO I START THE MINI-PILL?

- There are 2 ways to start the pill:
  - **Quick Start:** Take your first pill as soon as you get the pack.
  - **Next period:** Take your first pill soon after your next period begins.
- If you take your first pill *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you take your first pill *more than 5 days after the start of your period*, you should **use condoms or spermicide as back-up for the first 2 days**.

### HOW DO I USE THE MINI-PILL?

- **Once you start using the pill**, take 1 pill each day. Take your pill at the same time each day.
- After you finish a pack of pills, you should start a new pack the next day. You should have **NO** day without a pill.

### WHAT IF I MISS MINI-PILLS?

- **I forgot ONE pill:** Take your pill as soon as you can. If you take your pill more than 3 hours late, **use condoms or spermicide for the next 2 days**.
- **I forgot TWO pills or more:** Take your pill as soon as you can. Take your next pill at the usual time. **Use condoms or spermicide for the next 2 days. Use emergency contraception (EC) if you have unprotected vaginal sex.**

### WHAT IF I STOPPED TAKING THE MINI-PILL AND HAD UNPROTECTED VAGINAL SEX?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

### HOW DOES THE MINI-PILL HELP ME?

- The mini-pill is safe and effective birth control. The mini-pill is safe for you to use while breastfeeding.
- The mini-pill is a great option for people who prefer to avoid estrogen-containing methods.
- The mini-pill has **no effect** on your ability to get pregnant in the future, after you stop taking it.

### HOW WILL I FEEL ON THE MINI-PILL?

- You will feel about the same. You may notice changes in your periods. You may have spotting or no period at all. This is normal. You may have nausea, spotting, weight change, and/or breast pain. These problems often go away after 2-3 months.

### DOES THE MINI-PILL HAVE RISKS?

- The mini-pill is very safe.

