



## Oral Contraceptive FAQ

### **Q. How do I take the pill?**

Start the pill as instructed by Dr. Praderio. It will also say on your pack when you are to start the pill.

Most pill packs have four rows of pills, the first three rows are called your “active” pills and have hormone, the last row are your “PLACEBOS” are do not have hormone.

You will have a PERIOD during the last row.

If you have been instructed to skip the last row you will NOT have a period that month. This is done for women with painful periods and endometriosis. This is NORMAL and NOT harmful to your body.

Take your birth control pill every day at the same time or you will experience spotting and for some even a full period.

### **Q. What do I do if I start bleeding?**

If you have full bleeding stop the “active” pills for three days and let yourself have a mini period to reset your clock. Then go back to same place on pack where you left off. Call the office if this does NOT work and you continue to bleed.

### **Q. What do I do if experience nausea?**

If you experience nausea try taking your pill before bedtime or at dinner with a full stomach.

### **Q. What if I forget to take one pill?**

If you happen to forget one pill and it has been less than 24 hrs.- take a pill AS SOON AS POSSIBLE AND use contraception (i.e. condoms) for seven days. Consider emergency contraception like Plan B if you have had unprotected sex and have missed more than 2 pills in a row.

### **Q. How long will it take for the pill to work?**

It may take 3 months to see the positive effects of the pill, like lightening your cycle, improving acne and cramping.