

 USE ON A SCHEDULE  HORMONAL



# THE PILL



## HOW DO I USE IT?

The Pill contains the hormones estrogen and progestin. You take it at the same time everyday.



## HOW EFFECTIVE IS IT?

The Pill is 93% effective at preventing pregnancy. Remember, for it to be the most effective you have to take the Pill at the same time every day. Missing doses and some medications can make it less effective.



## WHAT I MIGHT LIKE...

- + You might get lighter periods
- + You can decide whether or not you'd like to have a period
- + You may be able to clear up your acne with certain types of pills
- + You might have reduced cramps and reduced PMS



## WHAT I MIGHT DISLIKE...

- You may experience spotting between periods the first few months
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.
- You won't be protected from STIs
- You might not want to use estrogen. The Progestin-only Pill could be an option for you.



## WANT TO LEARN MORE?



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