

 USE ON A SCHEDULE  HORMONAL



PROGESTIN- ONLY PILL



HOW DO I USE IT?

The Progestin-Only Pill contains the hormone Progestin. You take it at the same time every day.



HOW EFFECTIVE IS IT?

The Progestin-Only Pill is 93% effective. The Progestin-Only Pill needs to be taken at the same time every day. Most kinds of pills do not protect you from pregnancy if taken more than three hours late.



WHAT I MIGHT LIKE...

- + You might get lighter, infrequent, or no periods
- + You might like that it's estrogen-free
- + There is a unique type of Progestin-Only Pill that doesn't have to be taken at the same time and can have other potential benefits like reduced cramps and reduced PMS



WHAT I MIGHT DISLIKE...

- You may experience spotting or unpredictable periods
- You might get headaches, weight changes, breast tenderness, and mood changes. This typically improves with time.
- You won't be protected from STIs



WANT TO LEARN MORE?



Visit upstream.org/birthcontrol