**What are progestin-only birth control pills (POPs)?** POPS is a birth control method made of the hormone progestin**.** It is like the hormone made by your body. This hormone keeps you from getting pregnant in 2 ways:

* It keeps eggs from leaving the ovaries.
* It makes cervical mucus thicker. This keeps sperm from getting to the eggs.

**Before getting POPs, you need to know about the most common benefits, side effects, and other choices you have. We are happy to answer any questions you have.**

**How well do POPs work?**

* For every 100 people who take POPs on time every day for a year, only 1 will get pregnant.
* For every 100 people who do not take POPs on time every day for a year, about 9 will get pregnant.

**What are the benefits of POPs?** There’s nothing you have to do before sex to make POPs work. Being able to get pregnant comes back quickly after stopping POPs. POPS can protect you from pregnancy in the tubes, bad cramps, and heavy periods.

POPs

* May not work quite as well for people who are taking certain other medicines including herbals like St. John’s Wort and some that are used for TB, seizures, mental disorders, or HIV/AIDS.
* May affect the other medicines you take. Always tell your doctor or nurse about your medicines.
* Do not protect you from sexually transmitted infections.

**What are the side effects of POPs?** You may have nausea (feeling sick to your stomach) or sore breasts — **these usually clear up in 2 or 3 months.** You may also have headaches and irregular bleeding — including early or late periods, spotting between periods or no periods. Call us right away if you have unusually heavy bleeding from the vagina.

**How do I take POPs?** Take 1 pill each day. All pills in the pack have hormones. Start a new pack the day after you finish the old pack. There are no “off” days. Take your POP at the same time each day. If you take your pill more than 3 hours late, use a back-up birth control — like a latex condom and/or spermicide — for 2 days.

**Emergency Contraception- accidents happen-** If you miss pills or have unprotected sex, consider taking EC. It works best when taken as soon as possible and within 5 days after having unprotected sex.

**How do I avoid missing pills?** Common reasons for missing pills are being away from home without the pills, forgetting to take it, falling asleep and forgetting, not getting a refill on time, and disruptions to routines.

**Reminders work best to avoid gaps.** What reminders can you use? If your reminder fails what back up reminder can you use?

**How do I get refills?** Come to the clinic, use “Pills by Mail” (ask our staff for more information). How will you remember to get refills? Set a reminder for this, too! What is your back up plan if something stops you from getting refills?

**What if you want another method of birth control? — DO NOT STOP your current method - avoid Gaps.**There are many other methods of birth control. Call or stop by the clinic. Remember, if you stop your method, you can get pregnant

**Can I use POPs?** Very rarely, people with certain health problems can’t use POPs. Talk with your doctor or nurse about your risks and health problems. It will help you decide if POPs is right for you.

**What else do I need to know?** Read the package insert that comes with your pack. The information may be different from ours. Let us know if you have questions.

**Your health is important to us.** If you have any questions or concerns, please call us. We are happy to help you.