

Traditional Progestogen Only Pill



Method of Taking

If you start your first packet of pills on first day your period, you will be protected from pregnancy straight away. If you are instructed to start at any other time, you will need to use condoms too for 48 hours.

It is important to take the pill at the same time of day, **every day**, starting a new packet without having a break.

Diarrhoea & Vomiting

If you vomit within 2 hours of taking the pill take another; if you are within 3 hours no further action is needed; later than this, please follow the missed pill rule.

If you have severe diarrhoea lasting more than 24 hours your pill may be less effective, use extra precautions whilst you are unwell and for 2 days.

Antibiotics

Most common antibiotics do not affect the pill, so no extra precautions are needed.

Other Medicine

If you take drugs to treat epilepsy, HIV, TB, fungal infections or take the complementary medicine St John's Wort please tell us as we may need to change your contraception.

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