



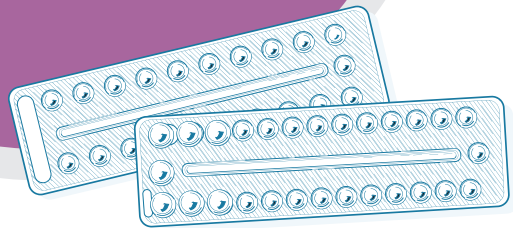
مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Progestin Only Pill For birth spacing



www.phcc.qa

The Progestin-only Pill (POP) is a form of oral contraceptive used by women to prevent pregnancy. The pill contains only one hormone, progestogen, which is similar to the natural progesterone women produce in their ovaries. A pack contains 28 tablets.






How do the pills work?

- Thickens the mucus around the cervix. This makes it difficult for sperm to move through the cervix and reach an egg.
- Prevents the egg from maturing and being released from the ovary.
- Makes the lining of the uterus thinner, so it's less likely to accept a fertilized egg.

How effective is the Progestin Only Pill?

If used correctly, it is 99.5% effective in preventing pregnancy. However, with improper use, its effectiveness is reduced to 91%.



Advantages of use

- It does not have a direct effect on breast milk production, so it can be used immediately after childbirth, along with breastfeeding.
- It does not interfere with sexual intercourse.
- It reduces menstrual cramps.
- It is not associated with depression.
- Some studies suggest that it may prevent uterine and ovarian cancer.

Disadvantages of use

- The pills must be taken at the same time every day to work effectively.
- The menstrual period may become irregular, light or more frequent or stop altogether.
- It may cause temporary side effects at beginning of use, such as breast tenderness, headache, nausea and weight change.

If you experience any side effects after taking the medication, inform your healthcare professional.

How do you use Progestin Only Pills?

- Choose the most convenient time to take the pill. Take one pill at the exact same time each day.
- Never miss a pill and continue taking the pills for the next 28 days and then start the next pack without a break for effective contraception. Do not skip pills for any reason.
- The first pill should be taken during the first 1-5 days of your period. If the pill is taken after day five of your period, then you need to use an additional contraceptive method for the next 2 days.
- After giving birth: start the pill before or on day 21; if you take the pill after day 21 of your delivery, then you will need to use additional contraception, like condoms, for 2 days.
- After miscarriage, you can take the pill between days 1-5. If the pill is taken after day 5 following your miscarriage, then you need an additional contraceptive method, like condoms, for the next 2 days.

What to do if you miss your pill?

- If you missed the pill less than 3 hours (12 hours for Cerazette) from your regular time, take the pill as soon as you remember, and take the next pill at the usual time. No need for any additional contraceptive method.
- If you forget to take the pill by more than 3 hours (12 hours for Cerazette) from your regular time, the pill will not prevent pregnancy effectively. Take the pill as soon as you remember and take the next pill at its usual time. This mean you may take two pills in one day. Use an additional contraceptive method, like condoms, for 2 days.

Tips to ensure effectiveness

- Do not miss any pills and take your pills on time.
- Pills should be stored at room temperature with proper ventilation.
- If vomiting occurs within 2 hours after taking the pill, take another pill as soon as possible.
- If diarrhea continues for more than 24 hours; keep taking the pills as usual, but use an additional contraceptive method for 2 days.
- If you are on specific medicine, always mention that you are taking the Progestogen Only Pill because the effectiveness of this pill may be reduced if you take it with other medication.

RETURN OF FERTILITY:

The progestin only pill is a short-acting contraceptive method, so your natural fertility will return immediately once you stop taking the pill.



Remember:

Not everyone can use progestin only pills as there are certain conditions that may not allow to use the pills. As such, it is essential to mention any illness or operation you have had. Consult your physician/health care professional at your registered health centre prior to use, and if you need more information on contraceptive methods.

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