

Progestin-Only Pills

Mini Pill, The Pill, Birth Control Pill



How does the progestin-only pill work?



- The progestin-only pill uses the **hormone progestin** to thicken cervical mucus (which prevents sperm from moving into the uterus) and sometimes prevents ovulation.
- There are **two types** of progestin-only pills: **Norethindrone**, which goes by a number of different brand names, and Drospirenone, which goes by the brand name **Slynd**.
- **There are combined hormonal pills that are different from progestin-only pills.**
- The pill works for people of **all weights, all ages, and those using gender affirming hormone therapy.**

How do you use the progestin-only pill?

take
daily

You need to **see a provider** (in-person or via telemedicine) to start using the pill.

You have to take a pill each day to prevent pregnancy, even if not having sex that day.

- Get a prescription for the pill from your provider to fill at the pharmacy. Swallow one pill every day.
 - **Norethindrone:** Must be taken at the **same time each day, within 3 hours** of your usual time.
 - **Slynd:** Does not need to be taken at the exact same time each day.
- If it is difficult to take the pill or you are vomiting, you can talk to your provider about putting the pill in your vagina up to the cervix, like a suppository.



Privacy and control

- A provider is needed to start and continue using the pill through ongoing prescriptions. There are also apps where you can get a prescription. You can decide to stop using the pill on your own.
- Your partner cannot see or feel the pill.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone may be able to find your pill pack or see you taking the pill.
- If anyone else is tracking your period, they may notice a change to your period.

When starting the pill, will it work immediately?



Norethindrone: You can start **Norethindrone** at any time. The pill will take 48 hours to work. Use an additional contraceptive during those first 48 hours.



Slynd: When starting Slynd on day 1 of your period, the pill will work immediately.



Slynd: When starting at any other time, **Slynd** will take 48 hours to work. Use an additional contraceptive during those 48 hours.



The pill may not be right for people who have or had

- Some bariatric surgeries that change your absorption of food
 - Lupus with positive or unknown antibodies
- This is not a complete list, talk to your provider about your medical history before starting this method.*

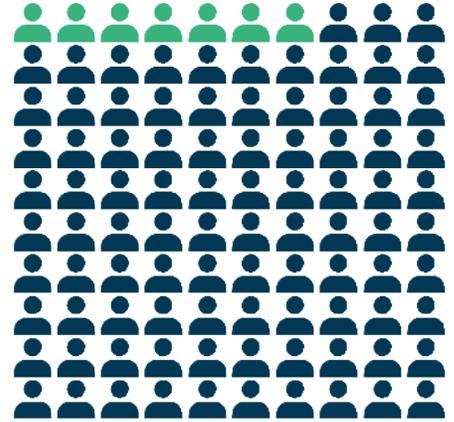


Use emergency contraception if

- **Norethindrone:** You take a pill outside of the **3 hour window** in which you are supposed to take it or if you skip a pill entirely.
- **Slynd:** You take a pill more than **24 hours after your last pill** or if you skip a pill entirely.

How well does the pill prevent pregnancy?

- On average, **7 out of 100 people using the progestin-only pill will get pregnant each year.** This means it is **93% effective** with typical use. Typical use considers how easily a person can use the pill. Some people will not be able to take the pill every day and will miss some pills.
- With perfect use, meaning the pill is taken daily, 1 out of 100 people using the progestin-only pill will get pregnant each year. It is 99% effective.
- Some medications can make the pill not work as well.
- **You can use a non-hormonal method of contraception with the pill to provide more protection against pregnancy.**



Side effects

Sexually transmitted infections: Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.

Period: Can affect.

- The pill may cause spotting between periods.
- The pill may make your periods lighter.

Period cramps: Can lessen.

Weight: No effect.

Acne: Can worsen.

Fertility return: When you stop using the pill, you can get pregnant right away.

Other possible side effects:

- Breast tenderness or pain
- Nausea
- Headaches
- Vaginal spotting
- Face and body hair growth
- Ovarian cysts
- Decreased bone density
- High potassium levels
- Reduces symptoms of PCOS or endometriosis

The pill helps lower risk for: anemia; endometrial cancer; pelvic inflammatory disease

Postpartum use

The progestin-only pill is **safe to use right after giving birth.** It has no effect on lactation, breastfeeding/chestfeeding, or infant development.

+ Contact your provider if you have

- Abdominal pain
- Yellowing of the eyes or skin (jaundice)
- Chest pain
- Lump in breast
- Vision problems
- Seizures
- Severe headaches
- Fainting

? Questions to ask your provider

- What if I throw up after taking the pill?
- What medications make the pill less effective?
- How do the two progestin-only pills differ? Which is right for me?
- What if I accidentally take two pills one day?
- How long of a prescription can you give me?

Scan for a contraception guide and information sheets on each method.

