



PROGESTOGEN-ONLY CONTRACEPTIVE TABLETS

What does it do?

Progestogen-only contraceptive tablets contain the hormone progestogen. They are used to prevent pregnancy.

How should you take it?

You can start at any time in your cycle. If you start within 5 days of the first day of your period, you are protected from pregnancy straight away. If you start more than 5 days after the first day of your period, you will need to use condoms (or don't have sex) for the next 2 days.

You need to take your tablet at the same time (within 3 hours, or 12 hours if you are taking *desogestrel/Cerazette®*) each day.

Unlike some other contraceptive tablets, you need to take *progestogen-only contraceptive tablets* every day. There are no inactive tablets or tablet-free breaks.

What if you forget a dose?

If you forget your tablet, take it as soon as you remember, then take your next tablet at the usual time (even if this means taking 2 tablets at the same time).

If you are more than 3 hours late (or 12 hours for *desogestrel/Cerazette®*), you also need to use condoms (or don't have sex) for the next 2 days.

Can you take other medicines?

Some medicines available without a prescription may react with *progestogen-only contraceptive tablets* including:

- orlistat (Xenical®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Changes in periods Mood changes, headache Acne Weight gain Sore breasts Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have breast cancer.
- If you vomit or have very bad diarrhoea within 2 hours of taking your tablet, take another one. If you can't, or the vomiting or diarrhoea continues, use condoms (or don't have sex) until you have taken your tablet for 2 days in a row after the vomiting or diarrhoea has stopped.
- *Progestogen-only contraceptive tablets* do not protect you from sexually transmitted infections.
- Taking *progestogen-only contraceptive tablets* doesn't make it harder to get pregnant if you want to later on.
- *Progestogen-only contraceptive tablets* are also known as the progestogen-only pill (POP) and the "mini-pill".