



## PROGESTOGEN-ONLY CONTRACEPTIVE TABLETS

### What does it do?

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

### Before you start

- Tell your doctor if you have breast cancer.

### 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<br>Mood changes, headache<br>Acne<br>Weight gain<br>Sore breasts<br>Stomach upset | Tell your doctor if troublesome |

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

### Other information:

- 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".