

## All About the Mini-Pill

Clinic Phone # \_\_\_\_\_ 24 Hour emergency phone # \_\_\_\_\_

### What is the mini-pill?

The mini-pill is a birth control pill that uses a small amount of only one hormone (progestin) to keep a woman from getting pregnant. Unlike regular birth control pills, the mini-pill has no estrogen in it.

### How does the mini-pill Work?

The mini-pill works mostly by making the woman's cervical mucus thick and sticky.

### How Well Does the mini-pill Work?

The mini-pill is very good at keeping women from getting pregnant.

Only about 1 to 8 women out of 100 who use the pill for a year get pregnant.

### How do I use the mini-pill?

- Talk to your clinician about how to start taking the mini-pill.
- You must take your mini-pill at the same time every day.
- With the mini-pill, you take a pill every single day until the pack is finished and then you start a new pack right away. There are no days off. It's very important to remember to take a pill at the same time every single day.
- Use a second method of birth control (like condoms) along with the mini-pill during the first month to make sure you don't get pregnant.

### What if I forget to take my mini-pill?

It is important to take your mini-pill at the same time every day. If you are just 3 hours late taking a mini-pill, you have a greater chance of getting pregnant.

**If you miss taking 1 mini-pill on time**, follow these steps:

- Take your missed mini-pill as soon as you remember it.
- Take your next mini-pill at your regular time-even if that means taking 2 pills in 1 day.
- If you are even **3 hours late** taking your mini-pill, use a second birth control method, like condoms, to help protect you from pregnancy.
- **Ask about emergency contraception.**

**If you miss taking 2 mini-pills in a row**, follow these steps:

- Take 2 pills a day for 2 days.
- Use a second birth control method, like condoms.
- **Ask about emergency contraception.**

**If you miss taking 3 or more mini-pills**, follow these steps:

- Call the clinic right away for advice.
- **Ask about emergency contraception.**

### What if I want to stop the mini-pill?

You can stop using the mini-pill at any time. When you stop using it you could become pregnant right away, so use another form of birth control if you do not want to become pregnant.

### What are the side effects of the mini-pill?

**Some side effects may be:**

- Changes in your period, or spotting and bleeding between periods
- You may not have periods.
- Changes in your mood

### Some women should not use the mini-pill.

- If you have unexplained bleeding from your vagina.
- If you have ever had breast cancer.
- If you have hepatitis or other liver problems.

### What are some other things I should know about the mini-pill?

- It does not cause serious health problems in most women.
- The mini-pill makes your periods lighter and less crampy.
- Women who can't take the combined birth control pill can usually take the mini-pill.
- Women who are breastfeeding can take the mini-pill.

#### Watch for these warning signs.

Call your clinic right away if you have:

- Abdominal pain
- Heavy bleeding
- No period after several regular periods
- Repeated, severe headaches
- Leg pain

**The mini-pill does not protect you from HIV (the AIDS virus) or other diseases you could get from having sex. Use condoms to protect yourself from these diseases.**