



*Oral
Contraceptive
Instructions &
Information*

*From the
Longbrake Student Wellness Center*

Oral Birth Control Information

When taken *precisely* as directed, day-in and out, the oral birth control pill is 99% effective in preventing unintended pregnancy...

1. You and your doctor decide if you will be a “Sunday Start” or a “Day-1 Start” of oral birth control.
 - Sunday Start:** Begin your first pack on the first Sunday **after** your period starts, even if you are still bleeding.
 - Day-1 start:** Take your first pill the FIRST 24 hours of your period.
2. Continue taking your pills daily and on a regular schedule. If you miss pills you could get pregnant.
 - a. Spotting, light bleeding or nausea are common and most often goes away by the 3rd cycle of pills. Do not stop taking your pills.
 - b. Take them at the same time daily to reduce the above symptoms.
 - c. Consider a cell phone alarm or associating taking your pills with a scheduled activity like meals or bedtime.
 - d. If you *continue* to have problems after taking 2-3 cycles, please contact the Wellness center. There are different pill “formulas” that may work better for you.
3. **Backup Birth Control:** For ALL new birth control pills, ALWAYS use a second method of birth control, (such as foam and condom), the first week of starting a new pill pack. Keep these backup birth control methods on hand. You may need it in the future in case of forgotten pills.
4. If you will be changing to a different oral birth control, note any cycle changes. Will it be longer or shorter? If you are currently using a 21-day pack and switching brands, stop for one week. Then start your new pack. If you are using a 28-day pill pack, begin your new pack after you finish the 7 days of “different colored” pills. Usually brown.
5. **If you miss a (one) pill**, take the forgotten pill as soon as you remember. This means you may take 2 pills in one day. Return to your regular pill schedule. Pregnancy is very unlikely, but you should use your backup method, such as foam and condom, for the remainder of the cycle.
6. **If you miss two (2) pills**, take two pills a day until you catch up. Spotting is likely to occur, and you could get pregnant if you have sex in the next 7 days after missing pills. You **MUST** use your backup method for the rest of the cycle.

If you miss three (3) pills in a row and you are a Sunday Start. Keep taking the pill daily until Sunday. On Sunday, **THROW OUT** the rest of the pack and start a new pack that day. If you are a Day-1 Starter: throw out the rest of the pill pack and start a new pack that day. You could get

pregnant if you have sex in the 7 days after you miss pills. You MUST use another birth control method such as condoms or foam until you have taken 1 week of active birth control pills.

7. **If you run out of pills or miss more than 2 pills and have unprotected sex**, please come to the Student Wellness Center for the ECP (Emergency Contraceptive Pill).
8. If you skip a period, have missed pills, or have symptoms of pregnancy, call the Wellness Center. A urine pregnancy test can be processed. Pregnancy can be detected as early as 7-10 days after conception. First morning urine specimen is the best to test.
9. If you become ill and vomit after taking your pill, or have several days of diarrhea, use the backup method for the remainder of that pill cycle.
10. Also, be aware some prescription and over-the counter medications can affect birth control. Some anti-seizure medications, some antibiotics, certain medications that treat HIV can affect birth control. St. John's Wort has been documented to reduce the effectiveness of the pill. When in doubt, use your backup birth control. Before you start a new medication, ask your pharmacist or doctor. When in doubt, use your backup birth control.
11. Since the birth control is a prescription, you will need to visit with the gynecologist once a year. GYN visits are very individual. The visit will include vital signs, and answering any questions or concerns you may have. Depending on your age and history, it may include STD screenings, breast exam, pelvic exam and Pap smear. Please call the Wellness Center for an appointment.
12. If you should run out of pills before your appointment, please call and talk to one of the nurses. You may be able to get an extension.

* Remember, the birth control pill does not protect against STD's. Do not smoke while taking oral birth control due to increase in chance of blood clots.

Longbrake Student Wellness Center is the brick building across the street from Babcock Hall at 570 East Wayne Avenue. The phone is 330-263-2319. Please call with questions or concerns you may have.