

## **STEP-BY-STEP INSTRUCTIONS FOR BIRTH CONTROL**

Oral contraceptives are 99 % effective in preventing pregnancy if taken correctly. Birth control pills DONOT protect you from sexually transmitted diseases and cannot be used as a form of emergency contraception, such as Plan B.

It is highly recommended that you take the pill every day at the same time for higher probability of effectiveness.

### **Three different ways to take birth control pills:**

1. On the first day of your period: you can start your pills on the first day of your period and take one every day, at the same time. With this method, you **DO NOT** need to use backup pregnancy protection.
2. On a day that best works for you: you can start taking your pills on any day that's good for you. If you take your first pill today, continue to take one every day, at the same time. With this method, **YOU NEED** to use backup pregnancy protection for at least 14 days.
3. On a Sunday: the third suggestion is to start taking the pill on the first Sunday after the start of your period. Take one pill every day, at the same time, continuously.  
With this method, **YOU NEED** to use backup pregnancy protection for at least 14 days.

If you miss one pill, take it **AS SOON AS** you remember. If you don't remember until the next day, you may take two at the same time. If you miss more than two (2) pills, abstain from intercourse or use another method of birth control for the remainder of that pill cycle. If you skip a period, take a pregnancy test on the day you are due to start your next pill pack. Continue new pack if pregnancy test result is negative.

It is NOT unusual to experience **Break-Through Bleeding** "BTB" (bleeding between your period) while on the pill. Please call our office if the BTB increases, persists, or becomes more frequent. Other common symptoms that you may experience are mild breast tenderness and/or mild nausea. These symptoms should disappear within the first three (3) months.

The following medical conditions associated with birth control pills are: blood clot, heart attack, stroke, high blood pressure, gall bladder disease, liver disease. You can reduce your risk of a blood clot, heart attack, high blood pressure, and stroke by not smoking cigarettes while you are taking the pill. The pill is not recommended for smokers who are 35 or older.

### **Please call our office if you are experiencing the following:**

Blurry or Double Vision	Chest Pain and/or Shortness of Breath
Heavy Bleeding (soaking 1 pad per hour)	New onset of severe Headaches
Numbness or tingling of your Arms & Legs	Pain and/or Swelling in Legs
Severe Abdominal Pain	

Stop taking birth control pills if you are experiencing serious side effects, want to get pregnant or no longer need to take birth control. When you stop taking birth control pills, it can take time for your body to return to normal. Most women report ovulating again a few weeks after stopping birth control pills. For other women, it might take a few months before they return to regular ovulation cycles.

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