

# Patient Counseling Guide

## STIs/HIV

- No types of birth control prevent STIs/HIV, except condoms
- STI/HIV testing recommended
- Get your annual Well Woman Exam that may include a pelvic exam, breast exam, and Pap test



## How to use your birth control

### *Progestin-only pill (mini pill)*

- You can start taking birth control pills any day, but use back-up birth control (condoms) for the first 2 days
- Take at the same every day (within 3 hours) to be protected

### *Combination pill*

- You can start taking birth control pills any day, but use back-up birth control (condoms) for the first 7 days
- 28-day pack: take one pill every day for 28 days (the last pills do not have hormones in them, this is when you should expect to get your period)
- 21-day pack: take one pill every day for 21 days, then don't take any pills for 7 days

### *Patch*

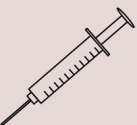
- Stick a new patch to your skin on the belly, upper outer arm, or back (not the breast)
- Wear the patch for 1 week and replace the patch for 3 weeks in a row (a new patch on the same day every week), then no patch for 1 week

### *Ring*

- The ring is placed in the vagina for 3 weeks and then taken out for 1 week
- To insert the ring, squeeze the sides of the ring and insert it into your vagina (make sure it feels comfortable)
- To take the ring out, gently pull it out by hooking your finger in the rim

### *Shot*

- You can start the shot any day but use back-up birth control (condoms) for the first 7 days
- Get a shot every 3 months



# What to do if you miss a dose

*One combination pill is late (<48 hours since pill should have been taken)*

- Take the pill as soon as possible and continue to take the remaining pills at the usual time (even if it means taking two pills on the same day)
- No back-up birth control (condoms) is needed

*Two or more combination pills are missed (>48 hours since pill should have been taken)*

- Take the most recent pill as soon as possible (discard any other missed pills) and continue taking the remaining pills at the usual time (even if it means taking two pills on the same day)
- Use back-up birth control (condoms) for 7 days

*Delayed patch or ring*

- < 48 hours late: Apply a new patch/ring as soon as possible and keep the same change day
- > 48 hours late: Apply a new patch/ring as soon as possible, keep the same change day, and use back-up birth control (condoms) for 7 days

## Side effects

*Progestin-only pill (mini pill)*

- No serious side effects

*Combination pill, patch, and ring*

- Serious side effects can occur, including blood clots, heart attack, and stroke
- Remember the acronym "ACHES"



A - Abdominal pain (severe)



C - Chest pain (shortness of breath)



H - Headaches (severe)



E - Eye problems (blurry vision, loss of vision)



S - Severe leg pain (redness, swelling, hot to touch)

*Shot*

- May cause temporary loss of bone mineral density during use
- Do weight bearing exercises to protect bones
- Take calcium and vitamin D supplements

