



The contraceptive pill

If you're having sex with a male and you don't want to get pregnant, you need to use contraception. Contraception is also called birth control or family planning.

Every month your ovaries release an egg. The semen that is released when a man ejaculates contains millions of sperm. It takes only one of these sperm to fertilise one of your eggs to begin a pregnancy. Using contraception reduces your risk of getting pregnant when you have sex.

What are contraceptive pills?

Contraceptive pills contain hormones that help prevent pregnancy by:

- stopping eggs being released from your ovaries
- thickening the mucus in your cervix (entrance to your uterus), which makes it difficult for sperm to enter your uterus and fertilise an egg.

A contraceptive pill must be swallowed every day. It is best to take each pill at the same time every day.

There are two main types of oral contraceptive pills:

- combined oral contraceptive pill (COC), which contains two hormones. Packs contain both active and inactive (sugar) pills
- progestogen-only pill (mini pill or POP). Packs contain only active pills.

The combined oral contraceptive pill (COC)

If you are taking the COC, remember:

- Take each pill at the same time every day, or as close to it as possible.
- You are immediately protected from

pregnancy if you start taking the active pills up to, and including, the fifth day of your period.

- If you start taking the pill at any other day in your cycle, you will NOT be protected against pregnancy until you have taken seven active pills in a row from your first packet.

What to do if you forget to take a pill?

If the pill is up to 24 hours late:

- Take the late pill as soon as you remember. Sometimes this means taking two pills on the same day
- You don't need to worry, you are covered for contraception

If the pill is more than 24 hours late:

- Take the missed pill as soon as you remember. Sometimes this means taking two pills on the same day.
- Take the next pill at the usual time.
- Keep taking the pill as normal but use another form of contraception (like condoms) for the next seven days.
- Make sure you only use the active pills for the next seven days.
- If you reach the inactive (sugar) pills before the seven days is up, skip them and go straight to the next active pills. If you are not sure which pills are active or inactive, ask your doctor or local pharmacist.
- If you have taken fewer than seven active pills since your last inactive (sugar) pill you might need emergency contraception. Check with your local pharmacist

How effective is the COC?

When the COC is taken every day at the same time, less than one out of a 100 users will get pregnant. You are more likely to get pregnant if you miss pills or have severe diarrhoea or vomit within two hours of taking a pill, or if you are taking certain medications.

You can become pregnant if you are more than 24 hours late taking it.

What are the advantages of taking the COC?

- A regular period with reduced blood loss.
- Acne often improves.
- Milder or no period pain or discomfort.

What are the disadvantages of taking the COC?

- Tender breasts, nausea (feeling sick) and bleeding in the middle of your cycle mainly in the first few months of taking the Pill.
- The Pill may cause some weight gain, mood changes or loss of libido (interest in sex) in some users.
- Rare health problems.
- The COC will not protect you against sexually transmitted infections (STIs).

What are the health risks?

Serious health problems with the Pill are rare. Smoking increases the risk of harmful effects. The Pill is not suitable for users with the following conditions:

- certain types of migraine
- history of blood clotting
- liver problems
- unusual vaginal bleeding.

The progestogen-only pill (POP)

If you are taking the POP remember:

- You must take it daily without a break (even when you have your period) AND at the same time every day. There are no inactive (sugar) pills in a POP pack.

- It starts working immediately if you start on the first five days of your period. If you start at any other time, you will NOT be protected until you have taken it for three consecutive days.
- If you are more than three hours late taking the POP, you must use other contraception (e.g., condoms) until you have taken it for three consecutive days. If you have unprotected sex after missing a pill and don't want to become pregnant you should take emergency contraception as soon as possible.

What are the advantages of taking the POP?

- It can be used by users who cannot take the oestrogen hormone.
- It is safe to use when you are breastfeeding.
- It may reduce period pain and discomfort.

What are the disadvantages of taking the POP?

- You must remember to take it at the same time every day.
- It may cause some side effects, including irregular bleeding, mood changes, headaches, and acne.

How effective is the POP?

When the POP is taken every day and at the same time, less than one out of a 100 users will get pregnant. It starts working immediately if you start on the first five days of your period. If you start at any other time, you will NOT be protected until you have taken it for three consecutive days.

You are more likely to get pregnant if you take your pill late or have severe diarrhoea or vomit within two hours of taking a pill, or if you are taking certain medicines. If you are concerned seek medical advice.

Did you know?

- You have the right to access contraception and control your fertility.
- You can choose to use contraception that is temporary and reversible.
- There are methods of contraception that do not have to involve your partner.
- Some contraception is available relatively cheaply from some providers.
- Most contraception users have little trouble with side effects.
- There are types of contraception that you don't have to remember to use every day. They can last from three to ten years. They are called LARCs or Long-acting reversible contraception.

Family Violence Support

1800 Respect National Helpline

Support for people impacted by sexual assault, domestic or family violence and abuse.

1800 737 732 (24-hour support service)

1800respect.org.au

A condom is always a good idea

No matter what contraception you choose, using a condom is the only way to protect yourself against sexually transmitted infections (STIs).

One of the most common STIs in Australia is chlamydia. Chlamydia can lead to infertility if left untreated. Using a condom every time you have sex is your best protection against HIV/AIDS and other STIs. Other contraception will not protect you against sexually transmitted infections.

The male condom

The male condom is a fine rubber or synthetic sheath that is worn on an erect (stiff) penis. It collects the sperm and stops them entering the vagina and uterus (where a baby grows). You must use a new condom every time you have sex and take care to put it on and take it off correctly. Condoms are for single use only and can be bought at pharmacies (chemists) and some supermarkets.

Do you need an interpreter?



Interpreter

If you need an interpreter, remember you can ask for one.

For more information

- Your local doctor (GP)
- Your local chemist/pharmacist
- 1800 My Options
1800 696 784 - 1800myoptions.org.au
- Sexual Health Victoria
1800 013 952 - shvic.org.au
- Women's Welcome Centre (Victoria only)
(03) 8345 3037 / 1800 442 007 (rural callers)
wwcadmin@thewomens.org.au
- Women's Medicines Information Service
(03) 8345 3190
drug.information@thewomens.org.au

Related fact sheets

To learn more about your contraception options or to download a fact sheet, visit our website. Information is also available in a range of community languages.

thewomens.org.au/contraception