

CONTRACEPTIVES

What you need to know

Ortho Tri-Cyclen Lo*

What do I need to know about my period while taking Ortho Tri-Cyclen Lo*

Your periods may be lighter and shorter than usual. Some women may miss a period. Irregular vaginal bleeding or spotting may happen while you are taking ORTHO TRI-CYCLEN Lo*, especially during the first few months of use. This usually is not a serious problem. It is important to continue taking your pills on a regular schedule to prevent a pregnancy.

* Or generic equivalent

Ortho Tri-Cyclen Lo*

What are the most common side effects of ORTHO TRI-CYCLEN Lo*

- ❖ nausea and vomiting
- ❖ headache (including migraine)
- ❖ breast problems
 - ❖ tenderness, pain, and discomfort
 - ❖ enlargement and swelling
 - ❖ discharge
 - ❖ nipple pain
- ❖ stomach pain
- ❖ pain with your periods (menstrual cycle)
- ❖ mood changes, including depression
- ❖ acne
- ❖ vaginal infections
- ❖ bloating
- ❖ weight gain
- ❖ Fatigue

* Or generic equivalent

Ortho Tri-Cyclen*

- ❑ You might need to use a backup birth-control method when you first start on Ortho Tri-Cyclen or if you miss a dose. You should follow your doctor's instructions carefully.
- ❑ You may experience breakthrough bleeding, especially during the first three months you use Ortho Tri-Cyclen*.
- ❑ Every doctor or surgeon who treats you should know you are taking this medication. You may need to stop using Ortho Tri-Cyclen* for a period of time if you need surgery or other medical procedures that require you to be on bed rest.

* Or generic equivalent

Common Side effects

You should tell your doctor if any of the following side effects become severe or don't go away:

- ▣ Breast tenderness
- ▣ Changes in weight or appetite
- ▣ Nausea
- ▣ Vomiting
- ▣ Freckles or darkening of facial skin
- ▣ Loss of scalp hair
- ▣ Headache
- ▣ Dizziness
- ▣ Nervousness
- ▣ Problems with contact lenses
- ▣ Irregular menstrual bleeding or spotting
- ▣ Rash
- ▣ Vaginal itching or discharge

Orthocyclen*

- ▣ The combination of female hormones in this contraceptive drug prevents ovulation, which is the release of an egg from the ovary.
- ▣ You shouldn't use Ortho Cyclen* if you smoke and are over age 35 because it can increase the risk of blood clots, stroke, or heart attack.

* Or generic equivalent

Orthocyclen*

- Before using Ortho Cyclen*, you should tell your doctor if you have or have ever had:
- A blood-clotting disorder
- High blood pressure
- A heart valve disorder
- Chest pain
- A heart attack, stroke, or blood clot
- High cholesterol or triglyceride levels
- Any other type of heart or blood-circulation conditions (cardiovascular illnesses)
- Kidney disease
- Pre-diabetic glucose levels
- Diabetes or diabetes complications of the eyes or kidneys
- Liver disease or liver cancer
- Jaundice caused by birth control pills or pregnancy
- Severe migraines
- Breast or uterine cancer
- Unusual vaginal bleeding
- A history of depression
- Gallbladder disease
- Seizures or epilepsy
- A history of irregular menstrual cycles
- Breast lumps, nodules, or an abnormal mammogram

* Or generic equivalent

Common Side Effects of Ortho Tri-Cyclen*

You should tell your doctor if any of the following side effects become severe or don't go away:

- ▣ Breast tenderness
- ▣ Changes in weight or appetite
- ▣ Nausea
- ▣ Vomiting
- ▣ Freckles or darkening of facial skin
- ▣ Loss of scalp hair
- ▣ Headache
- ▣ Dizziness
- ▣ Nervousness
- ▣ Problems with contact lenses
- ▣ Irregular menstrual bleeding or spotting
- ▣ Rash
- ▣ Vaginal itching or discharge

* Or generic equivalent

Ortho Micronor

- ▣ This medication is used to prevent pregnancy. It is often referred to as the "mini-pill" because it does not contain any estrogen.

Norethindrone (a form of progestin) is a hormone that prevents pregnancy by making vaginal fluid thicker to help prevent sperm from reaching an egg (fertilization) and changing the lining of the uterus (womb) to prevent attachment of a fertilized egg.

Ortho Micronor (Mini-Pill)

- While the "mini-pill" is more effective than certain other methods of birth control (such as condoms, cervical cap, diaphragm), it is less effective than combination hormone (estrogen and progestin) birth control because it does not consistently prevent ovulation. It is usually used by women who cannot take estrogen. To reduce the risk of pregnancy, it is very important to take this medication exactly as prescribed.

ORTHO MICRONOR

- ▣ Nausea
- ▣ Vomiting
- ▣ Headache
- ▣ bloating
- ▣ breast tenderness
- ▣ weight gain may occur.
- ▣ Vaginal bleeding between periods (spotting) or missed/irregular periods may occur. If any of these effects persist or worsen, tell your doctor
- ▣ If you miss 2 periods in a row (or 1 period if the pill has not been used properly), contact your doctor for a pregnancy test.

Medications can interfere with the effectiveness of Birth Control

- ❑ Some drugs can interfere and make Birth control less effective. These may include:
- ❑ Antibiotics
- ❑ Hepatitis C medications
- ❑ HIV/AIDS medications
- ❑ Seizure medications
- ❑ Barbiturate sedatives
- ❑ Muscle relaxants
- ❑ St. John's wort and other alternative medicines and supplements
- ❑ Phenylbutzone (Butazolidine), a non-steroidal anti-inflammatory drug (NSAID) for pain and arthritis (no longer sold in the United States)

What to do if you miss a pill

- ❑ Take two pills on the day you remember. Then, take one pill per day for the rest of the pack.
- ❑ If you miss two active pills in a row in week 1 or week 2:
 - ❑ Take two pills per day for two days in a row. Then, take one pill per day for the rest of the pack. Use a back-up birth-control method for at least seven days following the missed pills.
- ❑ If you miss two active pills in a row in week 3:
 - ❑ If you are a day one starter: Throw out the rest of the pack and start a new pack the same day
 - ❑ If you are a Sunday starter: Keep taking a pill every day until Sunday. Then, on Sunday, throw out the rest of the pack and start a new pack that day.
- ❑ If you miss three active pills in a row in weeks 1, 2, or 3:
 - ❑ If you are a day one starter: Throw out the rest of the pack and start a new pack on the same day.
 - ❑ If you are a Sunday starter: Keep taking a pill every day until Sunday. On Sunday, throw out the rest of the pack and start a new pack that day.
- ❑ If you miss two or more pills, you might not have a period during the month.
- ❑ If you miss your period for two months in a row, call your doctor. You might be pregnant.
- ❑ If you miss a reminder pill, throw it away and keep taking one reminder pill each day until the pack is empty.

DEPO PROVERA SHOT

- ▣ The birth control shot (sometimes called Depo-Provera, the Depo shot, or DMPA) contains the hormone progestin. Progestin stops you from getting pregnant by preventing ovulation. When there's no egg in the tube, pregnancy can't happen. It also works by making cervical mucus thicker. When the mucus on the cervix is thicker, the sperm can't get through. And when the sperm and the egg can't get together, pregnancy can't happen

DEPO PROVERA SHOT

- ▣ The shot is convenient and private.
- ▣ The shot can make you get your period less often while you use it.
- ▣ The birth control shot has health benefits
 - The shot can help protect you from cancer of the uterus and ectopic pregnancy

DEPO PROVERA SHOT

- ▣ To get the shot's full birth control powers, you have to remember to get a new shot every 12-13 weeks. That's about every 3 months, or 4 times a year. whenever you want. If you get your first shot within the first 7 days after the start of your period, you're protected from pregnancy right away. If you get it at any other time in your cycle, you need to use another form of birth control (like a condom) for the first week after getting the shot.
- ▣ Add appointment to whatever calendar you use on a daily basis

DEPO PROVERA SHOT

- ❑ If you're 2 or more weeks late getting your shot, your doctor or nurse may ask you to take a pregnancy test, or tell you to use emergency contraception if you had vaginal sex in the previous 120 hours (five days).
- ❑ if you get your shot more than 15 weeks after your last shot, you'll need to use another method of birth control, like a condom, for the first week after getting your shot.
- ❑ If you have vaginal sex without using a condom more than 15 weeks after your last shot, you should use emergency contraception. You may also need to take a pregnancy test before getting your next shot. The best way to prevent pregnancy while using the shot? Make sure you always get your shot on time, every time.

DEPO PROVERA SHOT

It's safe to use the birth control shot while you're breastfeeding. It shouldn't have any effect on how much milk you produce, and it won't hurt your baby. In fact, the shot is a great method to use if you're breastfeeding and you don't want to get pregnant.

DEPO PROVERA SHOT

SIDE EFFECTS:

bone thinning:

- To protect your bones, stop smoking, limit your alcohol, and get regular exercise and extra calcium.

There's a very small chance that you can get pregnant even if you always use the shot correctly. The shot will not increase the risk of birth defects

- ▣ severe depression
- ▣ migraine with aura
- ▣ pus, pain for many days, or bleeding where you got the shot
- ▣ very heavy bleeding from your vagina or bleeding for a lot more days than usual
- ▣ yellowing of the skin or eyes
- ▣ Most women have some change in their periods, including bleeding more days than usual, spotting between periods. This is most common during the first year.
- ▣ May stop getting their period altogether Other possible side effects of the shot include:
- ▣ nausea
- ▣ weight gain
- ▣ headaches
- ▣ breast tenderness
- ▣ depression
- ▣ slight bruising where the shot was given
- ▣ very rarely, a small, permanent dent in the skin where the shot was given

NEXPLANON

- ▣ This product is a small, thin plastic rod that is inserted under the skin to prevent pregnancy. The rod slowly releases etonogestrel into the body over a 3-year period. Etonogestrel is similar to a natural hormone made in your body. It works mainly by preventing the release of an egg (ovulation) during your menstrual cycle. It also makes vaginal fluid thicker to help prevent sperm from reaching an egg (fertilization) and changes the lining of the uterus (womb) to prevent attachment of a fertilized egg. This product does not contain any estrogen.
- ▣ This medication may not work as well in women who are very overweight or those taking certain drugs.
- ▣ The rod must be removed after 3 years and can be replaced if continued birth control is desired. The rod can be removed at any time

NEXPLANON

SIDE EFFECTS:

Nausea

- ▣ stomach cramping/bloating, dizziness,
- ▣ Headache
- ▣ breast tenderness
- ▣ Acne
- ▣ hair loss
- ▣ weight gain
- ▣ vaginal irritation/discharge
- ▣ Pain
- ▣ bruising
- ▣ Numbness
- ▣ Infection
- ▣ scarring may occur at the site where the rod is placed
- ▣ Your periods may be early or late, shorter or longer, heavier or lighter than normal. You may also have some spotting between periods, especially during the first several months of use. If bleeding is prolonged (more than 8 days) or unusually heavy, contact your doctor. If you miss 2 periods in a row, contact your doctor for a pregnancy test.

Does the shot, pill or nexplanon protect against STDs?

▣ **No.** The shot, pill, and nexplanon are really good at preventing pregnancy, but it won't protect you from sexually transmitted infections.

- ▣ Luckily, using condoms every time you have sex really lowers the chance of getting or spreading STDs. The other great thing about condoms is that they also protect against pregnancy, which means that using condoms along with the shot gives you awesome pregnancy-preventing power!