Fact Sheet - Assyrian

The Combined Pill

 Hashtable

The Combined Pill is a form of birth control that contains two types of hormones: estrogen and progesterone. It is available in different formulations, including pills, patches, and vaginal rings. The pill is the most commonly used method of birth control among women worldwide.

How it works:
The Combined Pill prevents pregnancy by stopping the release of eggs from the ovaries. It also thins the lining of the uterus, making it more difficult for sperm to fertilize an egg.

Benefits:

- Effective contraception
- Can help regulate menstrual cycles
- May reduce the risk of endometrial and ovarian cancers

Side effects:

- Breast tenderness
- Nausea
- Headaches
- Change in weight
- Change in menstrual bleeding

Contraindications:

- History of blood clots
- History of liver disease
- History of breast cancer

Contact information:

FPNSW

www.fpnsw.org.au

086 658 1300

www.familyplanning.org.au

08 658 1300

02 9622 0000

Contact your local family planning clinic for more information.

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THE COMBINED PILL

What Is The Pill?
The combined Pill contains two hormones, oestrogen and progestogen. It is usually just called ‘The Pill’. There are many types of combined Pills but they all work the same way to prevent pregnancy.

How Does The Pill Work?
The Pill stops a woman’s ovaries from releasing an egg each month, so a pregnancy cannot begin.

Who Can Use The Pill?
Most women can use the Pill. It is effective at preventing pregnancy if taken correctly, but can also be easily stopped if you wish to become pregnant.

Who Should Not Use The Pill?
Women should not use the Pill if they have had a blood clot in their leg, a stroke or heart attack, liver problems, high blood pressure, certain types of migraine, or breast cancer. You may not be able to use the Pill if you are breastfeeding and your baby is less than six months old. It is very important to talk with your doctor to make sure it is safe for you to use the Pill. Some other medications can stop the Pill from working properly and the doctor will tell you about these and other things you need to know before you decide to use it.

Are There Any Side Effects?
Most women feel well while using the Pill, but it is common to have some side effects at first. You may have irregular bleeding in between periods, sore breasts and nausea (feeling sick). This usually settles down after a couple of months but sometimes your doctor may change the type of pill you are using. Serious health problems caused by the Pill are rare, but ask your doctor to tell you about them.

How Do You Take The Pill?
The Pill comes in a 28 day pack and depending on the type of pill, it will have between two and seven pills that have no hormones (sugar pills). You will usually have vaginal bleeding during the days when you take the sugar pills.

Some types of pill are available on the PBS while others are not. Talk to your doctor about the cost of different pill types if this is an issue for you.

What If You Miss A Pill?
If you are less than 24 hours late taking a pill, take it as soon as you remember, and then take the next pill at the usual time. You will still be protected against pregnancy. If you are more than 24 hours late taking a pill you should use condoms or not have sex until you have had seven days of hormone pills. You may need the emergency contraceptive pill. It is a good idea to talk with your doctor or pharmacist about what to do if you are more than 24 hours late or you can ring to speak with a nurse on our Talkline (1300 658 886).

How Can You Get The Pill?
You need to go to a doctor or Family Planning Clinic to get a script for the Pill. The doctor will ask you questions about your health and will tell you how to take the Pill. You can then buy your pills from a pharmacy or a Family Planning Clinic. You should have a check-up every 12 months.
Other Methods of Contraception
There are many other methods of contraception available. See FPNSW factsheets.

For Further Information
- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.