

Does this pill protect you from sexually transmissible infections (STIs)?

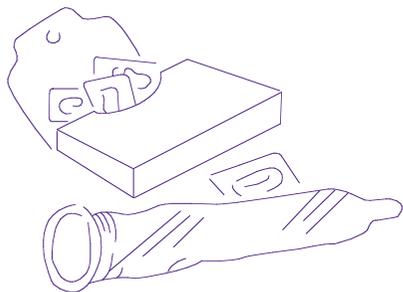
No. If you want to protect yourself from sexually transmissible infections you will need to use condoms as well.

Does this pill cause cancer?

The research shows no link between the progestogen-only pill and cancer.

Will this pill affect your chances of having a baby later?

No. Your natural fertility returns very quickly after you stop taking this pill.



Condoms help protect against sexually transmissible infections.

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The Pill

Progestogen-only

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What is it?

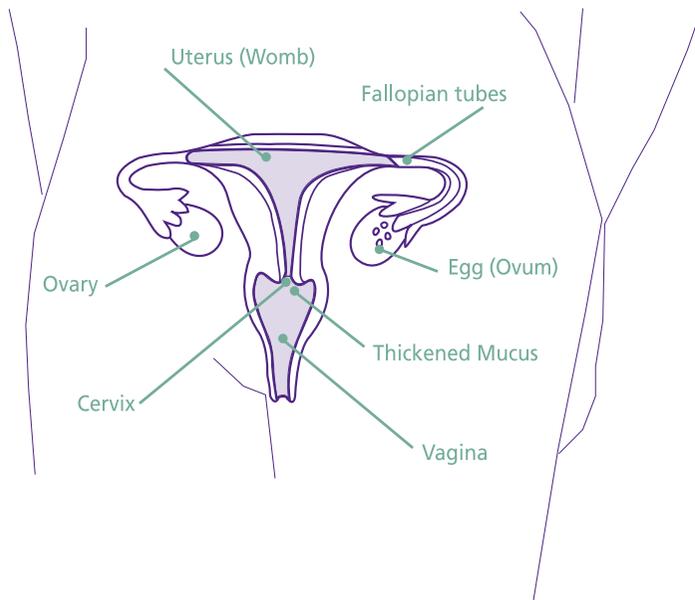
The progestogen-only pill (POP) is a pill women take to prevent pregnancy. The progestogen-only pill contains one hormone, progestogen. It does not contain any oestrogen.

How does it work?

Some POPs work mainly by thickening the mucus in the cervix so sperm can't travel through it to meet an egg.

Cerazette (one type of POP) works by stopping a woman from producing a monthly egg.

The lining of the uterus is changed so it is less likely to accept a fertilised egg.



How effective is it?

If taken correctly, POPs are 96-99% effective in preventing pregnancy. (This means that only 1 to 4 out of a hundred women will get pregnant each year.) For women over 40 it is even more effective.

Cerazette can be more than 99% effective in all age groups if taken correctly.

When do you take it?

To be effective the pill must be taken at the same time every day.

You are at increased risk of pregnancy if you are more than 3 hours late taking some POPs or more than 12 hours late taking Cerazette.

Make sure that your doctor or nurse has given you clear instructions on how to take the pill and when you will be safe.

Who can use it?

This pill is especially recommended for

- women who are breastfeeding
- women who for medical reasons cannot use the combined pill.

Who should not use it?

It is not recommended for women who have had breast cancer.

Where can you get it?

You get a prescription for the pill from a Family Planning clinic or your doctor. You then get the pills from a pharmacy. Before the pill is prescribed, you will be asked about your medical history.

What are the advantages?

EASY TO USE

It is simple and convenient. It doesn't interfere with sexual intercourse.

BREASTFEEDING

It does not reduce the supply of breast milk. Babies whose mothers have taken this pill while breastfeeding have been studied for many years. No adverse effects on the babies have been shown.

AGE

This pill can be used by women of any age. Older women, for whom the combined pill may not be suitable, can use it.

Lack of side-effects

This pill has few side effects and so can be used by women who have had problems with the combined pill.

What are the disadvantages?

SERIOUS SIDE EFFECTS

These are extremely uncommon.

Overall the risk of an ectopic pregnancy (in the fallopian tube) is less likely when a woman takes a POP.

OTHER SIDE EFFECTS

While most women have no change in their periods, others find that taking this pill causes irregular bleeding or spotting. Some women have no bleeding at all.

If you have problems, consult a Family Planning clinic or your doctor.