

Instructions for starting and using progestin pills (mini-pills)

Contraceptive pills that contain progestin alone are commonly referred to as mini-pills. Their contraceptive efficacy is based on changes occurring in the cervical mucus, preventing sperm from migrating into the uterus. In addition, part of some products efficacy is based on the inhibition of ovulation.

Contraceptive pills will not protect you against sexually transmitted diseases. At the beginning of a new sexual relationship, both parties need to have tests taken for sexually transmitted diseases before giving up the use of condoms.

When visiting health care, always remember to mention that you are using pharmacological contraceptives.

Benefits of mini-pills

Mini-pills may reduce the amount of menstrual bleeding, shorten the duration of periods and relieve menstrual pain. It is also possible that menstrual bleeding stops altogether, which is not harmful to health in any way. The possibility of pregnancy should be ruled out by means of a pregnancy test if menstruation stops altogether. Progestins have not been shown to increase the venous or arterial thrombosis risk. Studies have shown no weight gain. The mini-pill can reduce the headache susceptibility associated with menstruation. It is possible that the mini-pill protects against cancer of the uterus.

Side effects of mini-pills

The occurrence of side effects is individual and for the majority of users there are none at all or they are mild. The most common side effects are irregular spotting, breast tenderness, headaches, oily skin and mood changes. It is usual that the initial symptoms subside during the first months of use. You should continue taking the pills for at least three months. Spotting is an inconvenience, but it is not dangerous and does not affect the contraceptive efficacy. As you stay on the pill, the menstrual cycle will most probably stabilize.

Taking the mini-pill

Take one mini-pill regularly every day without breaks and always at the same time each day. To preserve contraceptive efficacy, it is very important to take the pill as accurately as possible at the same time every day. You are advised to set a reminder on your mobile phone, at least initially. When starting the pills, take the first pill at a suitable time for you.

Forgetting to take the pill

If the pill is delayed more than 12 hours (desogestrel pills) or more than 3 hours (Microluton and Mini-pill), take the forgotten pill as soon as you remember it, even if it means that you take two pills at the same time. Then take the next pill at the regular time. In addition, use a condom as a backup method for the next seven days. If you miss a pill during the first week of the tablet strip, and you have had sexual intercourse during the preceding week, contact the health care. You will find more detailed information in the summary of product characteristics in the package.

EHKÄISYN HOITOPOLKU

Suomen Nuorisolääkärit ry

CARE INSTRUCTIONS

Product chosen: _____

Starting the mini-pill

- Start on the first day of menstrual bleeding, the contraceptive effect begins immediately
- Start on the 2nd to 5th day of menstrual bleeding and use a condom as a backup method for the first week
- Start immediately (rule out pregnancy first) and use a condom as a backup method for the first week
- Changing over from another contraceptive:

Remember to make an appointment for a birth control follow-up visit after starting the pill.