

Adolescent-Young Adult Medicine

14 East 90th St. 1B New York, NY 10128

Tel 212-987-1414 Fax 212-987-1518

www.ayam-nyc.com

THE PILL

NAME OF PILL _____
START DAY _____ *after next period begins, or same day if period starts on* _____
NEXT CHECK-UP _____

- ❖ Take one pill each day, either when you wake up in the morning, or at bedtime. Try to take the pill as close as possible to the same time each day.
- ❖ If you forget to take a pill at the usual time, take it as soon as you remember. For example, if you usually take your pill at 8 a.m. and you remember at 3 p.m. that you forgot to take your pill that morning, TAKE IT AT 3 P.M. If on Tuesday morning you realize you forgot to take Monday's pill, then take both pills (Monday's and Tuesday's) together.
- ❖ Always make up all missed pills, even if you forget several days in a row. This is best done by taking two pills each day until all missed pills have been taken. **HOWEVER, YOU SHOULD NOT CONSIDER YOURSELF PROTECTED DURING ANY CYCLE THAT YOU HAVE MISSED MORE THAN ONE PILL FOR 24 HOURS**, and should definitely use a condom (should be using anyway!) or abstain from intercourse for the remainder of that cycle until you begin to menstruate. If you miss *more than three pills* in a row, call us for advice on how to proceed.
- ❖ Antibiotics *may* decrease the effectiveness of the pill. It is especially important to use a condom (please use anyway!) when taking an antibiotic.
- ❖ You may experience certain MILD side effects while taking the pill. These most commonly include mild nausea, headache, breast tenderness, change in mood, or spotting or bleeding during mid-cycle. If these or similar symptoms occur, **PLEASE CALL US TO DISCUSS YOUR CONCERN BUT DO NOT STOP TAKING THE PILL.**
- ❖ If you experience a serious physical symptom, such as swelling or pain in your legs, severe headache, visual disturbance, abdominal or chest pain, or shortness of breath, then CALL US IMMEDIATELY OR GO TO THE MT. SINAI (or nearest) EMERGENCY ROOM. Not all physical symptoms you may experience will be related to the taking the pill, but do get help quickly if you feel VERY sick.
- ❖ Your menstrual period will most likely be shorter, lighter and less painful when you are on the pill. There are other positive benefits to the pill which we will discuss with you.

THIS OUTLINE CONTAINS ONLY AN ABBREVIATED LIST OF INSTRUCTIONS REGARDING THE PILL. PLEASE BE SURE TO ALSO READ THE BOOKLET WHICH IS PACKAGED WITH YOUR PILLS. **THE PILL DOES NOT PROTECT AGAINST THE SPREAD OF SEXUALLY TRANSMITTED INFECTIONS, AND SHOULD BE USED WITH A CONDOM FOR THIS PURPOSE.**