

How to Start Oral Contraceptives

- Take first pill on the first day of your period (see package labeling)
- Take one pill at the same time everyday
- The first pill of every pack is the most important: Start each pack on time

Spotting between periods is common in the first few months of pill use. If you have spotting, continue to take one pill each day as directed.

If you are late to take your pill, take it as soon as you remember. Continue taking one pill each day at your regular time.

If you miss a pill completely during the first two weeks of the pack, take two pills that day and continue taking one pill a day after that. Use a backup method (like condoms) for seven days.

If you miss a pill completely during the third week of the pack, take two pills immediately. Throw the rest of the pack away. Start a new pack the next day. You may have some bleeding during the next cycle. Use a backup method (like condoms) for seven days.

If you have missed more than one pill, please call the office for instructions.

Micronor users: If you are more than 3 hours late taking a pill, use a backup method for the next 48 hours.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

CALL THE CLINIC IMMEDIATELY if you have any of these danger signs: (801-756-5288)

- Severe headaches
- Blurred vision
- Leg, chest, or abdominal pain

On the weekends and after hours call your local hospital emergency room. Refer to FDA insert for complete list of danger signs.

Call for an appointment if you have any of the following:

- Missed two periods
- Continued nausea
- Pain with intercourse
- **STI (sexually transmitted infection) symptoms** (increased discharge, sores or bumps that don't heal, itching or burning or your partner has symptoms)

Birth control pills prevent pregnancy. Use condoms to prevent sexually transmitted infections, including HPV.



How to Start Oral Contraceptives

- Take first pill on the first day of your period (see package labeling)
- Take one pill at the same time everyday
- The first pill of every pack is the most important: Start each pack on time

Spotting between periods is common in the first few months of pill use. If you have spotting, continue to take one pill each day as directed.

If you are late to take your pill, take it as soon as you remember. Continue taking one pill each day at your regular time.

If you miss a pill completely during the first two weeks of the pack, take two pills that day and continue taking one pill a day after that. Use a backup method (like condoms) for seven days.

If you miss a pill completely during the third week of the pack, take two pills immediately. Throw the rest of the pack away. Start a new pack the next day. You may have some bleeding during the next cycle. Use a backup method (like condoms) for seven days.

If you have missed more than one pill, please call the office for instructions.

Micronor users: If you are more than 3 hours late taking a pill, use a backup method for the next 48 hours.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

CALL THE CLINIC IMMEDIATELY if you have any of these danger signs: (801-756-5288)

- Severe headaches
- Blurred vision
- Leg, chest, or abdominal pain

On the weekends and after hours call your local hospital emergency room. Refer to FDA insert for complete list of danger signs.

Call for an appointment if you have any of the following:

- Missed two periods
- Continued nausea
- Pain with intercourse

STI (sexually transmitted infection) symptoms (increased discharge, sores or bumps that don't heal, itching or burning or your partner has symptoms)
Birth control pills prevent pregnancy. Use condoms to prevent sexually transmitted infections, including HPV.

