

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

PROGESTIN-ONLY PILLS (MINIPILLS) FACT SHEET

SAFETY:

- Very safe

EFFECTIVENESS:

- 95% with consistent and correct use

USE:

- You may start your pills today but may need to return for a pregnancy test depending on your last normal period and your last sexual intercourse.
- Use a back-up method of birth control (condoms and film or gel) **or** abstain from sex for 2 days after starting your first pack.
- Take one pill daily at about the same time.
- Start the next pack the day after the last pack is finished. **Do not** take any break or days off between packs.
- Taking the pill mid-day is recommended for women who usually have sex at night.
- Use back-up method for at least 2 days if you miss a pill by three hours or more.
- Emergency contraception (EC) is available if you had sex after missing or taking your pills late

BENEFITS:

- Safe for most women, even those who cannot use contraceptive with estrogen
- Less menstrual cramps and pain
- Less bleeding
- Less premenstrual syndrome
- Less breast tenderness
- Immediately reversible

DISCONTINUATION:

- Lower abdominal pain
- Repeated severe headache
- Delayed menstruation after several months of regular cycles

SIDE EFFECTS:

- Unpredictable menstrual bleeding; irregular bleeding pattern
- Possible depression
- Not effective if not taken consistently and correctly

Remember, Progestin-Only Pills do not provide protection against sexually transmitted infections, so it is important to use condoms each time you have sex.

PERSONAL HEALTH CENTER
989-758-3870

Visit our website: www.saginawpublichealth.org



This publication was supported by the Office of Population Affairs (OPA) of the U.S. Department, of Health and Human Services (HHS) as part of a financial award totaling \$212,839 with 22.57 percentage funded by OPA/OASH/HHS and \$730,300 amount and 77.43 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by OPA/OASH/HHS, or the U.S. Government. For more information, please visit: <https://opa.hhs.gov/>.

References: Hatcher, R.A., et al, (2018) Contraceptive Technology (21st Edition)
New York, NY: Irvington Publishers, Inc.
**Quality Family Planning Services & Contraceptive Guidelines for Michigan Family
Planning Providers (2023)**