



of a packet, begin a new packet as usual. If no period occurs by the end of the second packet, do not begin a third packet. Use foam and condoms to protect you from pregnancy, do a home pregnancy test or call for an appointment in the office.

3. Missed Pills: If you miss only one pill, take it as soon as you remember it, even though this may mean you have to take two pills on the same day. You will probably still be protected from pregnancy.

If you miss two pills, take two pills as soon as you remember and two the next day. Use your backup method until your next period. You may experience irregular breakthrough bleeding throughout the remainder of the cycle as a result of the change in the usual hormone levels.

If you forget one or more pills and miss a period, stop taking the pill and use a backup method of birth control. You need a pregnancy test before continuing your pills.

4. Nausea and Vomiting, Weight Gain, Breast Tenderness: Although annoying, they are not dangerous and they can be expected to stop after the first few cycles. If you experience nausea, try taking your pill at bedtime or with food or milk.
5. Vaginal Itching and Discharge: Some women taking oral contraceptives seem more likely to get certain vaginal infections. Although these symptoms are annoying they are not dangerous since such infections are readily diagnosed and treated without difficulty. Call for an appointment.

E. THE FOLLOWING RARE SYMPTOMS REQUIRE THAT YOU STOP THE PILL AND GET PROMPT MEDICAL ATTENTION

SEVERE HEADACHE, SEVERE LEG CRAMPS, SEVERE ABDOMINAL PAIN, CHEST PAIN, BLURRED VISION:

These are danger signals, which can indicate problems. If you experience any of these symptoms, STOP TAKING THE PILL IMMEDIATELY. Call the office for an appointment. In the meantime, use foam and condoms or another backup method for protection. Do not be alarmed by irregular bleeding after you have stopped the pills. This is an expected result of stopping the pills without completing a cycle.

If you smoke more than 14 cigarettes a day, watch more carefully for pill danger signals. Smokers should probably stop taking birth control pills at age 35. Even better, STOP SMOKING. You can talk to us about methods to help you quit.

Be sure to mention that you are taking birth control pills anytime you are hospitalized or seen by a doctor or other care provider.

- F. If you miss two periods in a row, do a pregnancy test, even if you took your pills every day.

If you have any additional problems not covered here, do not hesitate to call the Midwifery office at 275-7892 for further assistance.

