



28 DAY PILLS

DO'S

1. Start your pill pack when you are instructed to do so.
2. Take one tablet at the same time every day.
3. Use an additional form of birth control, such as foam and a condom, the first 7 days you are on the pill. This will help assure that you are fully protected.

DON'TS

1. Don't smoke while on the pill. Smoking hurts your health in general, and risks of heart attacks and strokes are higher for pill users who smoke.
2. Do not wait until the last minute to get your pill refills. Please call your Family Planning Clinic early, about half way through your last pill pack to make an appointment to get more pills.
3. If you have problems. DO NOT STOP TAKING THE PILL WITHOUT CALLING YOUR FAMILY PLANNING CLINIC OR DOCTOR.

HOW THE PILL WORKS

1. The pill prevents your ovaries from releasing an egg.
2. It changes the mucous lining around your cervix at the time of ovulation.
3. It changes the lining of your uterus.

BENEFITS OF THE PILL

- * Decreased menstrual cramps.
- * Decreased menstrual bleeding.
- * More regular menstrual bleeding.
- * Decreased pain at time of ovulation.
- * Improvement of acne..
- * Less risk of PID. (Pelvic Inflammatory Disease)
- * Less risk of developing benign breast tumors and/or ovarian cysts.
- * Less risk of ovarian or endometrial cancer.
- * May help with PMS

WHAT TO DO IF YOU MISS A PILL

WARNING: If you are late taking a pill or miss a pill, you may get pregnant.

1. Take the forgotten pill (yesterday's) as soon as you remember it and take today's pill at the regular time. IF YOU MISS OR ARE LATE WITH A PILL, IT IS RECOMMENDED THAT YOU CONTINUE TAKING YOUR PILL, BUT USE A BACK-UP METHOD SUCH AS FOAM & CONDOMS, FOR ONE WEEK.
2. If you miss 2 to 4 pills in week 1 or 2, take 2 pills as soon as you remember, and take 2 pills the next day. Throw away or skip the remaining missed pills and FINISH YOUR PILL PACK AS USUAL. USE ANOTHER METHOD OF BIRTH CONTROL ALONG WITH THE PILL for the next seven days.
3. If you miss 2 to 4 pills in a row in week 3,
 - Continue taking 1 pill a day until Sunday if you are a Sunday starter. On Sunday throw out the rest of the pack and start a new pack of pills that same day.
 - If you are a Day 1 starter, throw out the rest of the pill pack and start a new pack that same day.
 - USE ANOTHER METHOD OF BIRTH CONTROL for the next 7 days.
4. If you miss any pills in week 4, throw away the pills you missed and keep taking 1 pill each day until the pack is empty. You do not need to use a back-up method.
5. If you skip a period, DO NOT STOP TAKING THE PILL without calling your doctor or the FAMILY PLANNING clinic immediately.

MINOR SIDE EFFECTS

- * Spotting or bleeding between periods
- * Light or no periods
- * Nausea
- * Breast tenderness
- * Vaginal infections
- * Mood changes or depression

POSSIBLE SEVERE SIDE EFFECTS

- * Stroke or heart attack
- * Gallbladder disease
- * Blood clots
- * High blood pressure
- * Migraine headaches
- * Liver tumors

IMPORTANT DANGER SIGNALS

- A – Abdominal (stomach) pain-severe.
- C – Chest pain (severe), shortness of breath or cough.
- H – Headaches (severe), dizziness, weakness, numbness.
- E – Eye problems, blurred vision, flashing lights or blindness.
- S – Severe leg pain (calf or thigh)

Call the FAMILY PLANNING Clinic or your doctor immediately if you have any one of the above symptoms.

SOME THINGS INTERFERE WITH THE PILL'S EFFECTIVENESS

1. There are some medications that decrease the effectiveness of the pill. If you see your doctor for other health problems, let him/her know you are on the pill so that he/she can advise you about any medications he/she may have you take. If you are taking a medication that interferes with the pill, USE A BACK-UP METHOD FOR THAT ENTIRE CYCLE, even after the medication has been completed. Some of the medications that interfere are: Tetracyclines, Penicillin, Rifampin, Dilantin, Indocin, and Barbituates.
2. If you have vomiting or severe diarrhea, you may not be absorbing the pill. USE A BACK-UP METHOD THE REST OF THAT CYCLE.



*South Dakota
Family Planning Clinics*

Brown County Community Health Center
Aberdeen, SD 57401 626-2628

Urban Indian Health
Aberdeen, SD 57401 225-1538

Douglas County Public Health
Armour, SD 57313 724-2758

Perkins County Community Health
Bison, SD 57620 244-5978

SDSU Student Health - Brookings
Brookings, SD 57006 688-6622

Gregory County Community Health
Burke, SD 57523 775-2634

Brule County Public Health Services
Chamberlain, SD 57325 734-0180

Custer Community Health
Custer, SD 57730 673-2847

Lawrence County Community Health
Deadwood, SD 57732 578-2660

Ziebach County Community Health
Dupree, SD 57623 365-5163

Meade County Community Health
Faith, SD 57626 967-2150

Moody County Public Health Services
Flandreau, SD 57028 997-3779

Fall River County Community Health
Hot Springs, SD 57747 745-5135

Miner County Community Health
Howard, SD 57349 772-5381

Women's Health & Education Center
Huron, SD 57350 352-8384

Dewey County Community Health
Isabel, SD 57633 466-2474

Jackson County Community Health
Kadoka, SD 57543 837-2240

Charles Mix Community Health
Lake Andes, SD 37356 487-7094

Perkins County Community Health
Lemmon, SD 57638 374-5962

Lake County Community Health
Madison, SD 57042 256-5309

Bennett County Community Health
Martin, SD 57551 685-1089

Grant County Community Health
Milbank, SD 57252 432-4596

Hand County Public Health Services
Miller, SD 57362 853-2147

Mitchell Family Planning
Mitchell, SD 57301 995-8040

Walworth Public Health Services
Mobridge, SD 57601 845-8127

Haakon County Community Health
Philip, SD 57567 859-2467

Pierre Area Family Planning
Pierre, SD 57501 773-4937

Urban Indian Health
Pierre, SD 57501 224-8841

Charles Mix Community Health
Platte, SD 57369 337-3996

Community Health Center of the Black Hills
Rapid City, SD 57701 394-6665 Ext. 6622

Spink County Community Health
Redfield, SD 57469 472-2434

Sanford Downtown Health Care
Sioux Falls, SD 57103 334-5099

Urban Indian Health
Sioux Falls, SD 57104 339-0420

Roberts County Community Health
Sisseton, SD 57262 698-4183

Family Health Education Services
Spearfish, SD 57783 642-6337

Dewey County Community Health
Timber Lake, SD 57656 865-3587

Bon Homme County Community Health
Tyndall, SD 57066 589-4318

Vermillion Area Family Planning
Vermillion, SD 57069 677-5278

Charles Mix Community Health
Wagner, SD 57380 384-3487

Watertown Family Planning
Watertown, SD 57201 882-1852

Jerauld County Community Health
Wessington Springs, SD 57382 539-1271

Tripp County Public Health Services
Winner, SD 57580 842-7166

Yankton Area Family Planning
Yankton, SD 57078 665-8838

Visit our web site at:

www.state.sd.us/doh/famhlth/famplan.htm

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Your Choice...

The Birth Control Pill



South Dakota Family Planning

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