

## Starting Birth Control Pills

There are two ways to start taking your pills. Ask your health care provider, which way you should start:



- A. **SUNDAY START:** Start taking your pill the Sunday after your next period starts. For example: If your period starts on a Wednesday, you take your first pill the following Sunday. If your period starts on Sunday, start taking your pills that same Sunday.
- B. **SAME DAY START:** Start taking your pill the same day your next period starts.

### TIPS FOR PILL TAKING:

1. Take one pill every day for 28 days until your pack is empty; begin a new pack of pills the next day. Remember to follow the order of the days in your package.
2. Pills should be taken at the same time each day. Try taking the pill with some regularly scheduled activity, such as going to bed, eating a meal, or brushing your teeth. Be especially careful on weekends, when routines are disturbed and you are most likely to forget your pill.
3. If you become nauseated with the pill, try taking it at mealtime or at bedtime.
4. Keep an extra pack of pills on hand, so that you do not start a pack late.
5. Have condoms or another back-up method available, in case you miss more than one pill.

### QUICK REMINDER FOR MISSED PILLS

1. If you **MISS ONE PILL:** Take one now and the next one at the usual time.
2. If you **MISS TWO PILLS:** during the **FIRST TWO WEEKS:** take 2 pills for 2 days and also use a back-up method for the next seven days.
3. If you **MISS TWO or MORE PILLS** in a row during the third week...  
**SUNDAY STARTS:** Keep taking your pills until the next Sunday. Start a new pack that Sunday. Also use a back-up birth control method for seven days.  
**SAME DAY STARTS:** Throw out the rest of the pill pack. Start the next pack that day. Use a back-up birth control method for the next seven days.

**WARNING: THE PILL WILL NOT PROTECT AGAINST SEXUALLY TRANSMITTED DISEASES.**