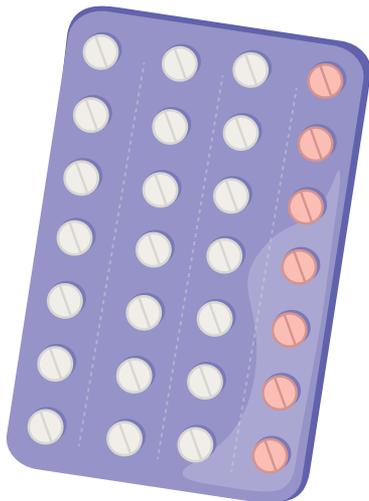


YOU MADE A GREAT CHOICE!

Most Filipinas just like you use Pills successfully. Here are some tips to help you become successful too.



FP METHOD

Pills

EFFECTIVENESS:

- 99% if you take it at the same time everyday
- 93% as commonly used among women worldwide

HOW TO USE IT: Take **1 pill every day at the same time** whether you have sex or not.

28

DAY PACK

- Take **1 pill** every day until the pack is empty.
- Start a new pack the day after the initial pack is used up.

21

DAY PACK

- Take **1 pill** every day until the pack is empty.
- After the initial pack is used up, do not take a pill for **7 days**. Then start a new pack.



Start your new pack of pills **on time, as soon as you finish the old one, or after your 7-day break**. This is very important for successful pill use. You will always start a new pack on the same day of the week.

*Make sure you have another pack of pills at home ready to start at the right time. If you can't get to a health center for a new pack, contact a **Barangay Health Worker** or **Barangay Population Volunteer** for resupply or go to a **pharmacy** with your pill pack.*

BENEFITS OF TAKING THE PILL:

- You're protected from pregnancy. Love without worry!
- May lessen menstrual cramps or make them go away completely.
- May prevent heavy bleeding and anemia.
- May reduce excess hair growth on your face or body.

MAKE TAKING YOUR PILL A HABIT!



Like brushing your teeth or washing your face, taking your pill at the same time you do something else every day can help you remember.

This is the **most important thing** you can do to be a successful pill user.

YOU CAN ALSO

- Set an alarm on your phone or use a pill reminder app.
- Keep your pill pack next to something you use every day (like your toothbrush or soap).
- Be pill buddies with friends or family members who also take pills and remind each other.
- Ask your partner to remind you.

Make sure you store your pills away from heat to avoid damage.

- Put your pills in a sturdy case in your bag so they're always with you.

*You can continue to take your pills **even if you get COVID-19**. Take them with you if you go to the hospital or a quarantine center.*

MY PILL TYPE OR BRAND IS: _____

I ALWAYS START A NEW PILL PACK ON: M T W TH F SAT SUN (encircle the day).

I WILL TAKE MY PILL EVERY DAY AT _____ : _____ AM / PM.

MY PROVIDER'S NAME IS: _____

Their address is: _____ . Their phone number is: _____

MOST PINAYS USE PILLS WITHOUT A PROBLEM

But some may experience the following:

Don't worry, these experiences are normal and usually go away within the first few weeks or months of using pills.

- Changes in menstrual cycle (more frequent, longer, shorter, or no period).
- Weight change, breast tenderness, dizziness, and nausea.

FEEL LIKE VOMITING AFTER YOU TAKE THE PILL (NAUSEOUS)?

Try taking it with food or at bedtime.

If you vomit within 2 hours after taking a pill, take another pill from the pack as soon as possible, then take another pill as usual the next day.

If you've been vomiting or have diarrhea for more than 2 days, follow instructions for 3 or more missed pills below.

WHAT IF I MISS A PILL?

DON'T STOP TAKING THEM!

You can catch up and protect yourself from pregnancy.

IF YOU MISS 1 PILL

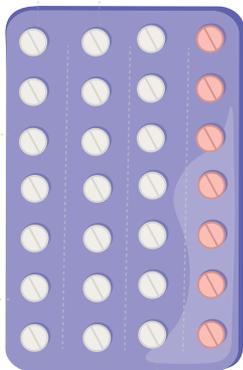
Step 1: Take it as soon as you remember. Then take the next pill at the usual time. It's OK to take two pills at the same time or two pills on the same day.

Step 2: Continue to take the rest of the pills in your packet.

IF YOU MISS 2 PILLS

Step 1: Take 2 pills on the day you remember.

Step 2: Take 2 pills the next day. You will be all caught up. Continue to take the rest of the pills in your packet.



IF YOU MISS 3 OR MORE PILLS IN THE FIRST OR SECOND ROW

Step 1: Take the most recent pill you missed as soon as you remember.

Step 2: Continue with the rest of the pack as usual.

Step 3: Use condoms every time you have sex for the next 7 days.

IF YOU MISS 3 OR MORE PILLS IN THE THIRD ROW (YOUR LAST WEEK OF PILLS WITH HORMONES)

Step 1: Take the most recent pill you missed as soon as you remember.

Step 2: Continue taking the pills in your pack at your regular time, one each day. Start a new pack the next day you finish the last pill in the third row.

**If you are using the 28-pill pack, throw away the last row of pills.*

Step 3: Use condoms every time you have sex for the next 7 days.

STOPPED GETTING YOUR PERIOD?

Important point: Sometimes when a woman uses pills with hormones in it, her **period gets shorter and lighter or even stops**. This is because her uterus is not growing a new lining every month. **No lining—no period!**

Irregular bleeding, or no bleeding at all, is not harmful. It is similar to not having monthly bleeding during pregnancy because of the effects of the hormones. You are not pregnant and blood is not building up inside your body. You can get pregnant when you stop using pills.

WHAT DO I DO IF I WANT TO GET PREGNANT?

If you want to get pregnant, you can just **stop taking the pill**. Your menstrual cycle will return in just a few weeks.

For more information, go to WWW.USAPTAYOSAFP.COM.PH or contact the Usap Tayo sa FP Helpline at **09175970770** and **09988652810**.

USAP TAYO SA FP (POPCOM)

HEALTHY PILIPINAS (DOH)



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FROM THE AMERICAN PEOPLE