

INFORMATION FOR INFORMED CONSENT – PROGESTIN-ONLY BIRTH CONTROL PILLS (POPS)

What are progestin-only birth control pills (POPs)?

POPS is a birth control method made of the hormone progestin. It is like the hormone made by your body. This hormone keeps you from getting pregnant in 2 ways:
It keeps eggs from leaving the ovaries.
It makes cervical mucus thicker. This keeps sperm from getting to the eggs.

Before getting POPS, you need to know about the most common benefits, side effects, and other choices you have. We are happy to answer any questions you have.

What are the benefits of POPS?

There's nothing you have to do before sex to make POPS work. Being able to get pregnant comes back quickly after stopping POPS.
POPS can protect you from
Pregnancy in the tubes
Bad cramps
Heavy periods

How well do POPS work?

For every 100 people who take POPS on time every day for a year, only 1 will get pregnant.
For every 100 people who do not take POPS on time every day for a year, about 9 will get pregnant.

What are the side effects of POPS?

You may have
Nausea (feeling sick to your stomach) — usually clears up in 2 or 3 months
Sore breasts — usually clears up in 2 or 3 months
Headaches
Irregular bleeding — including early or late periods, spotting between periods or no periods

Besides POPS, what other choices do I have?

There are many other methods of birth control. We will offer you information about them and answer your questions.

Can I use POPS?

Very rarely, people with certain health problems can't use POPS. Talk with your doctor or nurse about your risks and health problems. It will help you decide if POPS is right for you.



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How do I take POPS?

Take 1 pill each day. All pills in the pack have hormones. Start a new pack the day after you finish the old pack. There are no “off” days.

Take your POP at the same time each day. If you take your pill more than 3 hours late, use a back-up birth control — like a latex condom and/or spermicide — for 2 days.

What else do I need to know?

Read the package insert that comes with your pack. The information may be different from ours. Let us know if you have questions.

POPs

May not work quite as well for people who are taking certain other medicines including herbals like St. John’s Wort and some that are used for TB, seizures, mental disorders, or HIV/AIDS.

May affect the other medicines you take. Always tell your doctor or nurse about your medicines.

Do not protect you from sexually transmitted infections.

Your health is important to us. If you have any questions or concerns, please call us. We are happy to help you.

Call us right away at 1-800-657-5177 if you have

Unusually heavy bleeding from the vagina





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