

Mini-Pills (progestin-only birth control pills)

How mini-pills work:

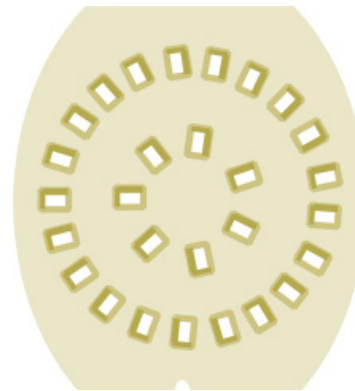
The mini-pill is very low-dose and contains only one hormone, progestin. Mini-pills stop your body from releasing an egg, so no egg can be fertilized. The hormone also causes the cervical mucus (liquid at the opening of the uterus) to thicken, which can stop sperm from getting into the uterus.

How to use mini-pills:

Mini-pills must be taken on time, at the same time every day. If you miss any pills, or are late taking your pill, you could be at risk for pregnancy. Ask your doctor or health care provider for specific instructions, and ask about emergency contraception.

Effectiveness:

About three women in 1,000 will get pregnant in one year if they take their mini-pills every day and at the same time every day (perfect use). If you miss any pills, or don't take them at the same time every day (typical use), your chance of pregnancy goes up. If you are taking some other medications, the pills can be less effective. Tell your health provider any time you take other medications while taking birth control pills.



Center for Health Training

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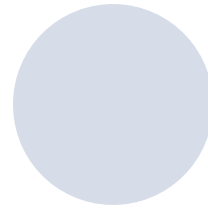
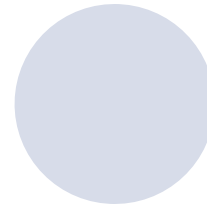
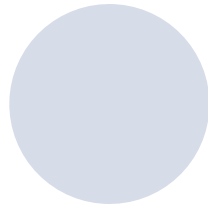
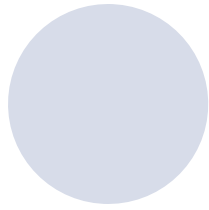
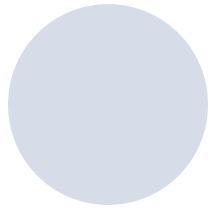
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Benefits of the mini-pill:

Mini-pills have even fewer health risks than combination birth control pills, and fewer if any side effects. Mini-pills protect you against uterine cancer, anemia and pelvic infection. Mini-pills can be taken while you are breast-feeding. You will have very light periods, or no periods at all, with fewer menstrual cramps and decreased PMS symptoms. Because no blood builds up in your uterus, having no period is not a problem. If you want to get pregnant, you can become pregnant immediately when you stop taking the mini-pill.

Potential side effects and disadvantages:

You may have irregular bleeding or spotting between periods. Using “mini-pills” will not give you protection against HIV (AIDS) or sexually transmitted infections (STIs) such as chlamydia, herpes, genital warts, gonorrhea, hepatitis B and syphilis.

Potential risks:

Mini-pills have few health risks; ask your health provider about potential risks or warning signs.

Where can you get mini-pills?

Mini-pills require a prescription from a doctor or a qualified health provider. Call your local family planning clinic for information.