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ORAL CONTRACEPTIVES

What key warnings should I know about before taking this medicine?

- You should not smoke while taking birth control pills. Cigarette smoking increases the risk of serious heart and blood-related side effects. This risk increases with age (older than 35 years of age) and with heavy smoking (15 or more cigarettes per day). Birth control pills do not prevent the spread of sexually-transmitted diseases.
- This medicine does not mix well with some medicines. Serious reactions may occur. Check all medicines with healthcare provider. You will need to use backup contraception for that cycle if taking an antibiotic or any seizure medications while on oral contraceptives.

Reasons not to take this medicine

- Tell healthcare provider if you are allergic to any medicine. Make sure to tell about the allergy and how it affected you. This includes telling about rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other symptoms involved.
- If you have any of the following conditions: Blood clots, breast cancer, diseased arteries in the brain, disease of a heart valve with complications, endometrial cancer, heart disease, high blood pressure, liver disease, liver tumor, severe headache, tumor where estrogen makes it grow, or unexplained vaginal bleeding.
- If you have major surgery and need bedrest.
- If you are a heavy smoker (more than 15 cigarettes per day) and older than 35 years of age.
- If you turned yellow during pregnancy or with estrogen-based or hormone contraceptive use.

How is it best taken?

- Take this medicine at a similar time of day.
- Take this medicine with or without food. Take with food if it causes an upset stomach.

What do I do if I miss a dose?

- Take a missed dose as soon as possible and return to your regular schedule.
- For one missed pill take two the following day at morning and in the evening. For two missed pills take one tablet twice a day until caught up. For three you will likely have irregular bleeding and must use backup protection until starting the next pill cycle



What are the precautions when taking this medicine?

- Avoid grapefruit and grapefruit juice.
- Do not take St John's Wort with this medicine. It may make this medicine less effective.
- If you are taking this medicine and have high blood pressure, talk with healthcare provider before using over-the-counter products that may increase blood pressure. These include cough or cold remedies, diet pills, stimulants, ibuprofen or like products, and certain natural products or supplements.

What are some possible side effects of this medicine?

- Typically seen side effects are: weight gain, headache, swelling, breast enlargement, and belly pain.
- Nausea or vomiting is usually temporary. Small frequent meals, frequent mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help. Taking the medication at night will also help..
- Menstrual changes. These include lots of bleeding, spotting, or bleeding between cycles which is usually temporary
 - Gallbladder disease, blood clots, heart attacks, and other vascular problems can rarely occur.

Reasons to call Cheyenne Women's Clinic, PC immediately

- Signs of a life-threatening reaction. These include wheezing; chest tightness; fever; itching; bad cough; blue skin color; fits; or swelling of face, lips, tongue, or throat.
- Chest pain or pressure or fast heartbeat or difficulty breathing.
- Change in strength on one side greater than the other, difficulty speaking or thinking, change in balance, or blurred vision.
- Swelling or pain of leg or arm.
- Dark urine or yellow skin or eyes.
- For females, if you become pregnant while taking this medicine.
- Any rash.