

The combined pills usually just called the pill. It contains two hormones—estrogen and progesterone. These are similar to the natural hormones produced by the ovaries.

There are different brands of the pill but, usually, the package contains a 28-Day Pack that includes hormone pills and sugar pills. Sugar pills are usually taken when you are on your period.

## THE PILL CAN ASSIST WITH:

- The Pill can be used to skip your period.
- Period usually become lighter, more regular, and less painful.
- Acne can improve.
- Once stopped, your fertility quickly returns to normal.
- It can help with symptoms of Polycystic Ovary Syndrome (PCOS) and endometriosis.
- Chance of getting cancer of the uterus (womb) and ovaries decrease.

**“If used correctly, the Pill is over 99% effective at preventing pregnancy. If you miss a pill, vomit within 2 hours of taking a pill, have severe diarrhea or take certain medications it might only be 93% effective.”**

## THE PILL STOPS WORKING:

The combined pill may not work if:

- It is taken more than 24 hours late.
- You vomit within two hours of taking it.
- You have very severe diarrhea.
- You are taking some medications or natural remedies (check with your doctor, nurse, or pharmacist).

## WHAT IF I MISS THE PILL?

- Take the missed pill as soon as you notice (this may mean taking two pills on the same day).
- Continue to take your pills as normal.
- Use condoms for the next seven days.
- If you have had sex without a condom in the seven days before missing a pill, you may need an emergency contraception or start a new pill pack in the hormone section.

For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit** at (tel): **488-2172** or follow us on Facebook: <https://facebook.com/FHUPalau>.

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**Family Health Unit  
Republic of Palau Ministry of Health**



## COMBINED PILLS

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted infections.

For more information, call the **MOH Family Health Unit** at **488-2172**.

## COMBINED PILL BENEFITS

- 99% effective in preventing pregnancy, if taken correctly. Only one in a hundred women taking the combined pill will become pregnant each year.
- It does not interrupt sex.
- It usually makes your periods regular, lighter, and less painful.
- It reduces your risk of cancers of the ovaries, womb, and colon.
- It can reduce symptoms of PMS (Premenstrual Syndrome).
- It may protect against Pelvic Inflammatory Disease.
- The Pill may reduce the risk of fibroids, ovarian cysts, and on-cancerous breast disease.

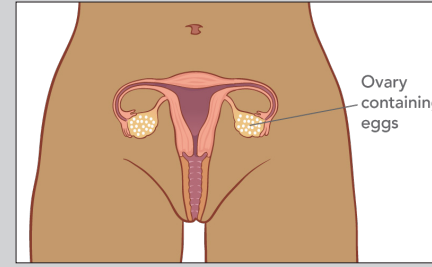
## COMBINED PILL LIMITATIONS

- The combined pill does not protect you from sexually transmittable infections (STIs).
- While serious health problems are rare, the combined pill may cause a very small increase in your chances of a deep vein blood clot/thrombosis, heart attack, or a stroke. Consult a doctor for more information.

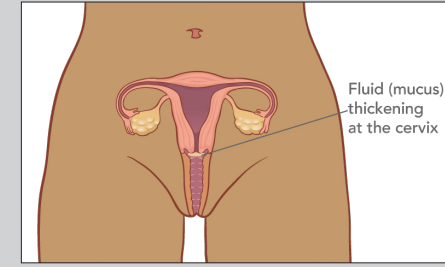
## HOW DOES THE COMBINED PILLS WORK?



1. You swallow one pill around the same time every day. Pills come in a 28-Day Pack including both hormone and sugar pills. You will usually have your period when taking the sugar pills.



2. The Pill works by stopping the ovaries from releasing an egg each month. It also thickens the fluid around the cervix (opening to the uterus/womb) to prevent the sperm from entering.



3. When you start, for the first time or after a break, it can take up to 12 days to start working to prevent pregnancy/ This depends on whether you start with the hormone or sugar pill.

## COMBINED PILL SIDE EFFECTS

Possible side effects of the combined pill for a small number of users can include:

- Irregular vaginal bleeding.
- Nausea.
- Sour/tender breasts.
- Headaches.
- Bloating.
- Changes to your skin.
- Mood swings.

These side effects will often settle with time. The combined pill has not been shown to cause weight gain. For more information, consult with your doctor or medical provider.

## WHO SHOULD NOT USE IT?

- Find remembering a daily tablet difficult.
- Have certain types of migraine headache.
- Are very overweight.
- Have a close family member who has a deep vein clot/thrombosis.
- Are taking certain types of medication which might stop the Pill from working (check with your doctor, nurse, or pharmacist).
- Have had some health conditions like high blood pressure, heart or liver disease (check with your doctor, nurse, or pharmacist).
- Are over 35 years old and smoke.
- Have been treated for breast cancer.
- Are unable to move around for a long time (for example, due to surgery or disability).