

## WHAT IS THE MINI-PILL?

The Mini-Pill contains the hormone progesterone. It is also known as the progesterone only pill. Progesterone is similar to the hormone produced by the ovaries.

## WHAT DO YOU DO WITH IT?

The Mini-Pill is taken orally (swallowed via the mouth). It works mainly by thickening the cervical mucus and sometimes by preventing ovulation.

## HOW DOES IT WORK?

- The female condom prevents sperm from gaining access to the Female Reproductive Tract.
- The female condom prevents micro-organisms (STIs) from passing from one partner to another.

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

## WHEN CAN ONE START?

- Within 5 days of the start of a woman's menstrual bleeding or when a woman is fully breastfeeding for at least 6 weeks.
- If a woman is breastfeeding, it is best to start 6 weeks after childbirth.
- If a woman is not breastfeeding, she can start taking the mini pill after childbirth.
- If menstrual bleeding started more than 5 days ago or if amenorrhoeic, a woman can start now but should avoid sexual intercourse or use condoms for 48 hours.
- A woman can use the mini pill 1 week after miscarriage or abortion.
- If a woman is switching from other methods of birth control:
  - from pills or implants
  - from injectables
  - or from IUCD and her menstrual bleeding started more than 5 days ago.

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**



## THE MINI-PILL

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**.

## HOW TO TAKE THE MINI-PILL:

- Take one pill at the same time each day.
- Once all pills in a pack are finished, start a new pack the next day.

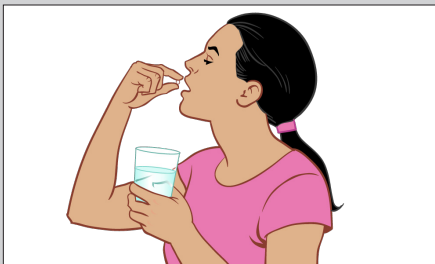
## THE MIN-PILL BENEFITS

- The Mini-Pill does not suppress the breastmilk supply of a woman who is nursing.
- The Mini-Pill reduces menstrual pain.
- The Mini-Pill does not interfere with sexual intercourse.
- The Mini-Pill is controlled by the woman.

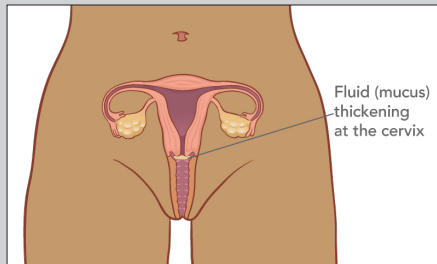
## THE MINI-PILL LIMITATIONS

- The Mini-Pill has the possible side effects such as irregular bleeding, spotting, no monthly bleeding, headaches, and dizziness.
- Effectiveness depends on willingness to take the Mini-Pill regularly at the same time.
- Supplies of the Mini-Pill must be readily available.
- The Mini-Pill does not provide protection against Sexually Transmitted Infections (STIs) or HIV/AIDS.

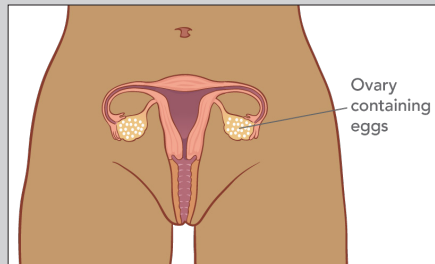
## HOW TO USE THE MINI-PILL



1. You take it by swallowing one pill around the same time every day; most brands of the pill include a 28-day pack with both hormone and sugar pills.



2. The mini pill works by thickening the fluid around the cervix (opening to the uterus/womb). This helps to prevent sperm from entering.



3. Sometimes, the mini-pill can also prevent the ovaries from releasing an egg.

## POSSIBLE SIDE EFFECTS:

- Irregular vaginal bleeding.
- Headaches.
- Sour/Tender Breasts.
- Changes to your skin.
- Mood changes/swings.
- Weight gain.

## SEE A NURSE OR DOCTOR IF:

- You experience very bad headaches.
- Experience unusually heavy or long bleeding.
- Yellow skins or eyes.
- If you may be pregnant and experiencing pain or soreness in abdomen.

## WHO CAN USE IT?

- Women who are motivated to take a pill daily or women who cannot tolerate the side effects of oestrogen.
- Women who are breastfeeding.
- Women who are smokers and more than 35 years of age.

## WHO SHOULD NOT USE IT?

- Women who may be pregnant.
- Women who have serious health conditions such as complicated diabetes, blood clots in lungs or deep in legs, liver problems, breast cancer, or women who are taking tuberculosis (TB) or seizure medication.