Oral Contraceptive

Start on the first Sunday following the start of your period; i.e. period starts on Friday, start pills two days later on Sunday.

- Use back-up method for the first month and during antibiotic use. If antibiotic use occurs in the middle of the pack, continue with a back-up until after period and new pack is started.

- Do not smoke while on OCPs. If you are a smoker, discuss alternative non-hormonal options with your health care provider.

- Smoking while using OCPs greatly increases your risk of stroke or blood clots.

- It is important to take the pill at the same time every day.

- **If you miss one pill:** Take missed pill as soon as remembered and continue regular schedule.

- **If you miss two pills in a row:** Take two pills daily for two days then finish the pack.

- **If you miss three or more pills:** Begin a new pack and expect breakthrough bleeding until period starts, use back-up contraception.

- Breakthrough bleeding is the most common side effect within the first three months of pill use.

- Warning signs to seek immediate medical attention:
  - A Abdominal pain – severe
  - C Chest pain
  - H Headaches – severe
  - E Eye problems – blurred vision, loss of vision
  - S Swelling in leg or severe leg pain

- If you become pregnant, stop OCPs immediately.

- OCPs are only 99 percent effective with perfect use and 97 percent effective with typical use so there is still a 3 percent chance of pregnancy.

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