



TAKING YOUR ORAL CONTRACEPTIVE

*When do I start taking my OC?

You have a choice as to when to start taking your first pack of pills:

Day 1 Start

Take the first pill of the first pack during the first 24 hours of your period.

Sunday Start

Take the first pill of the pack on Sunday after a period starts, even if there is still bleeding. If the period begins on a Sunday, start the pack that same day.

Develop a routine and stick to it as closely as possible.

- * Take one pill, once a day, preferably at the same time so as not to forget.
- * Do not skip pills, including the placebo pills in the pack
- * When the pack is finished, start a new one the next day.

What happens if I miss a pill?

Missing a pill, or pills, could mean a risk of pregnancy, a missed period, or needing to start a new pill pack. If you do miss a pill, you should refer to the Patient Information specific to your OC to learn how to proceed depending on which pill was missed.