

## What are the side effects of the pill?

### Positive:

- Easy to use (just need water)
- Might give you lighter periods
- Gives you control of when you'll get your period
- Can reduce menstrual cramps and PMS
- Some can clear up acne

### Negative:

- Most common are sore breasts, nausea, spotting, and decreased sex drive.
- Remember, you're introducing hormones into your body, so it can take a few months to adjust to your body.
- If side effects persist, talk to your doctor or nurse practitioner.

**This is a brief informational handout only. When starting a contraceptive or any new medication, we encourage you to ask questions and get answers. Contact Planned Parenthood Regina , your family doctor or a Nurse Practitioner to learn more.**

### Hours of Operation

**Monday, Wednesday & Friday**  
9 a.m.- 5 p.m.  
*(closed from 12:00-12:45 for lunch)*

**Tuesday & Thursday**  
9:00 a.m.—8 p.m.  
*(closed from 12:00-12:45 for lunch)*

**Saturday**  
1:00 p.m.—5 p.m.

**Sundays & Stat Holiday weekends:**  
*Closed*

**We sell low cost contraceptives.**  
Debit/ Credit /Cash



# Oral Contraceptive

## “The Pill”



**The pill is a birth control method used daily to prevent pregnancy.**

**Planned  
Parenthood Regina**

**1920 B Francis St.**

**Regina, SK**

**Phone:**

**(306) 522-0902**

## What is an Oral Contraceptive?

“The Pill” is a kind of medication that women can take daily to prevent pregnancy. Some may call it “oral contraceptive.” There are lots of different kinds of pills on the market, and new ones come out all the time.

It **does not** provide protection against sexually transmitted Infections (STIs), so it’s important to always use a condom.

### How to get it ?

First, you’ll need to get a prescription. You can visit Planned Parenthood Regina or any doctor or nurse practitioner for a prescription.

The appointment is free; the price of the pill varies depending on brand. Planned Parenthood Regina has the cheapest prices for birth control. Contact us for more info.

# The Pill

## How does it prevent pregnancy?

The Pill releases hormones which keep the ovaries from releasing eggs. It also affects the lining of the uterus and thickens the mucus in the cervix making it more difficult for the sperm to reach the egg.

## How effective is it?

Birth control pills are **99%** effective when used as directed. The pill works best when taken at the same time every day, It helps to keep the correct level of hormone in a woman’s body.

## How do I take birth control pills?

Most pills come in 28-day or 21-day packs. Both types have 21 “active” pills that contain hormones. The last seven pills in 28-day packs are called “reminder” pills. They do not contain hormones. After finishing all 28 pills, a new pack is started the next day.

In 21-day packs, one pill is taken every day for three weeks in a row. No pills are taken for the next week, and then a new pack of pills is started.

