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1. You should start your first pack of pills on the Sunday following the first day of your menstrual period – unless you are instructed otherwise. You should take (1) pill every day at the same time of day. **DO NOT** take your birth control pill with any other medications. Always leave at least two hours between taking your birth control pill and other medications.
 2. Spotting and/or nausea may occur during the first four packs, or if you miss any pills. This is due to your body adjusting to the change in the hormones of the pills.
 3. Vomiting, diarrhea and certain medications (sedatives, seizure medications, and antibiotics) can interfere with the effectiveness of birth control pills. If you are required to take any of these medications, you should use a back-up method of birth control (condoms, spermicides) during that time, plus for seven days after.
 4. If you miss your menstrual period, continue to take one pill a day. You should also have a pregnancy test. If you miss more than two cycles, contact your practitioner.
 5. What do you do if you miss any pills?

Number of Pills Missed	Time in the Cycle	Instructions
One (1)	Anytime	