

# THE PILL

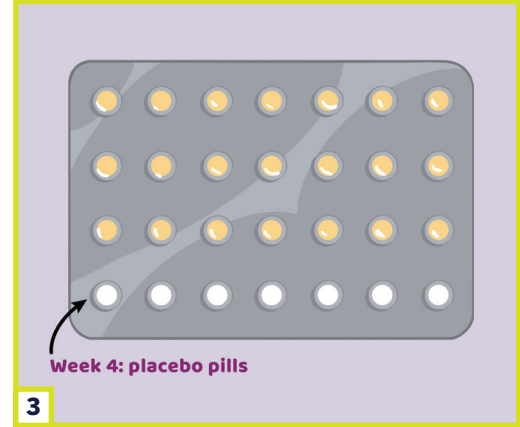
## HOW TO TAKE THE PILL



You can begin taking the pill any time during your menstrual cycle. You must take the pill every day. Taking it at the same time every day can help you remember. Setting a phone alarm can be a great way to remind yourself.



Take one pill a day without skipping pills.



During week 4 (last row of pills is usually a different color than the other pills), you may choose to take placebo pills for 4 days, 7 days, or none at all.

### HOW IT WORKS

The pill contains hormones that prevent your body from releasing an egg. The pill also thickens cervical mucus to make it hard for sperm to reach an egg.

### HOW OFTEN YOU USE IT

Take daily at the same time.

### EFFECTIVENESS

Typically, **91%** of people don't become pregnant.

### STI PROTECTION

The pill does not protect against STIs. Be sure to use a barrier method.



### HOW TO GET IT

A healthcare provider provides a prescription that you pick up at a pharmacy.

### COST

The pill costs between \$0–113 a month. If you have insurance, it is typically low- or no-cost.

### VISIBILITY

Typically, people won't know you're on the pill unless they see your pill pack.

### STORAGE

Store the pill pack in a dry place, ideally between 59–77°F.

### ADDITIONAL INFORMATION

- Can skip periods, if desired
- Less likely to get cancer in your uterus or ovaries
- Reduces heavy bleeding and anemia (low blood count)
- Breast tenderness
- Initial nausea, constipation, and bloating
- Initial spotting, irregular bleeding, or headaches

If you notice any concerning changes, immediately reach out to your healthcare provider.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.

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