

Combined Pill (Easy Read)



Pills that you take once a day for 3 weeks until the pack is empty.

When the pack is empty you take no pills for 7 days, during this time you will have a bleed like your period.

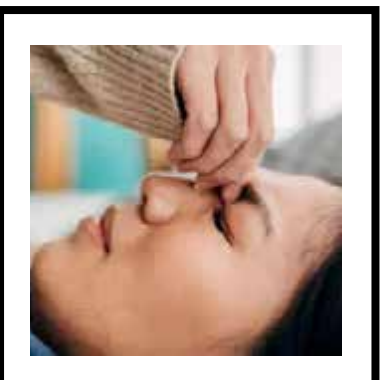
After 7 days you start a new pack.

They contain two hormones.

The Hormones are progesterone and oestrogen



The combined pill is 99% effective if you take it properly



Side effects can include

- Headache
- Sore boobs
- Mood changes

doctors



You can get the combined pill from

- GP Surgery
- Sexual health clinics
- National young people's services 0300 123 7123



If you are sick when you are taking the combined pill you must use another type of contraception like a condom.

If you don't you may become pregnant if you have sex.



If you are taking antibiotics you must use another form of contraception like a condom.

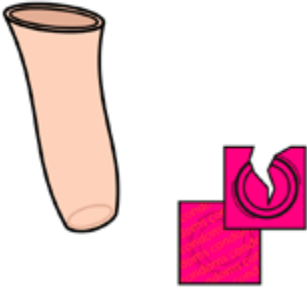
If you don't you may become pregnant if you have sex.



If you forget to take a pill you must use another form of contraception like a condom.

If you don't you may become pregnant if you have sex.

condom



The combined pill does not protect you from sexually transmitted infections.

To protect from sexually transmitted infection, you will need to use a condom whilst you are having sex.

ask questions



If you have any questions please ask the person that prescribes the combined pill to you

This information can be offered in other formats on request, including a language other than English and Braille.

RD&E (Eastern Services) main switchboard: 01392 411611 NDDH (Northern Services) main switchboard: 01271 322577

For Royal Devon services log on to: <https://royaldevon.nhs.uk>

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