

GENESIS Obstetrics & Gynecology

Bruce B. Baniyas, MD

3075 Governor's Place Blvd Suite 210

Kettering, Ohio 45409

Phone (937) 293-5200 • Fax (937) 424-5925

“Specializing in 3D/4D Ultrasound Imaging”

**BIRTH CONTROL PILLS
(Oral Contraceptives)**

HOW TO TAKE THE PILL: 28-DAY PACK

1. Begin taking your pills the Sunday after your period starts (whether or not your are still bleeding). Take your pills in the order they appear in the pack.
2. If your period begins on a Sunday, Start taking your first pill that same day.
3. Take one pill every day at approximately the same time of the day. When you finish a pack of pills, start the next pack the next day.
4. Use a back-up method (foam and condoms) of birth control the first month you are on the pill.
5. If you forget one pill, take TWO (2) the next day.
6. If you forget two (2) pills, stop, wait for a period and start as stated on #1 above. Use a back-up method (foam and condoms) for the rest of the month.
7. On the day you start the last pack of pills, call the office to make an appointment for sometime with in the next four weeks.

HOW TO TAKE THE PILL: 21-DAY PACK

1. Begin taking your pills the Sunday after your period starts (whether or not you are still bleeding). Take your pills in the order they are in the pack.
2. If your period begins on a Sunday, start taking your pills the same day.
3. Take one pill every day at approximately the same time of day for 21 days. The last pill taken will be on a Saturday. The next full week (Sunday through Saturday) you will not take any pills. Then start your new pack on Sunday.
4. Use a back-up method (foam and condoms) of birth control for the first month you are on the pill.
5. If you forget one pill, take two (2) pills the next day.
6. If you forget two (2) pills - stop, wait for a period and start as stated in #1 above. Use a back-up method (foam and condoms) for the rest of the month.
7. On the day you start your last pack of pills, call the office to make an appointment for sometime within the next four (4) weeks.

SIDE EFFECTS:

When you start taking the pill, you may notice some of the following:

- * Nausea
- * Weight Gain
- * Breast Tenderness
- * Spotting between periods

These side effects usually disappear within two months after starting the pills. If they do not disappear, contact the office. The doctor may need to switch the type of birth control pill you are taking. **DO NOT STOP TAKING YOUR PILLS!**

SERIOUS SIDE EFFECTS:

If you notice any of the following signs, call the office immediately:

“The LORD is good, a stronghold in the day of trouble and He knoweth them that trust in Him”.

1. Sharp pain in the chest, coughing up blood or sudden shortness of breath.
2. Pain in the calf of the leg.
3. Sudden severe headache or vomiting, dizziness or fainting, disturbance of vision or speech or weakness and numbness in the arm or leg.
4. Breast lumps.
5. Severe pain in the abdomen.
6. Severe depression.
7. Yellowing of the skin.

PREGNANCY:

1. If you suspect you are pregnant, stop taking the pills; use a back-up method of birth control and have a pregnancy test.
2. If you wish to become pregnant, stop taking the pill, use a back-up method of birth control for three months and then discontinue all methods of birth control. PLEASE, do not stop taking your pills in the middle of a pack unless you discuss it with our office. Also, if you plan on stopping your pills at the end of a month (for whatever reason), please notify us and we will help you with another form of birth control.

Patient Initials

Date