



The Dudley Group
NHS Foundation Trust

Progestogen-only pill (POP)

Maternity Department
Patient Information Leaflet

I've just had a baby. Can I use the POP?

Contraception may be the last thing on your mind when you have just had a baby, but it is something you need to think about if you want to delay or avoid another pregnancy.

The POP can be started any time after the birth of your baby. You are protected for contraception up to day 21 of giving birth.

If you start the POP after day 21 of giving birth, you will need to use additional contraception for two days. You can breastfeed while you are taking the POP. A tiny amount of hormone enters your breast milk, but research has shown that this will not harm your baby.

Can I use the POP after miscarriage or abortion?

You can start taking the POP immediately after a miscarriage or an abortion. You will be protected from pregnancy straightaway.

How do I take it?

Take one pill at the same time every day. Set a reminder on your phone so you remember. Do not take a break between packets.

What if I forget?

If you are less than 12 hours late, do not worry, you are still covered. Take the pill straightaway, and then take the next one at your normal time.

If you are more than 12 hours late, you have lost the protection.

- Take the pill you forgot as soon as you remember.
- Take the next one at your normal time.
- Use condoms or avoid sex for the next two days until the protection comes back.
- If you had sex while the protection was lost, you will need emergency contraception.

If you are fasting for religious reasons, take the POP at a time of day when you can eat. This may mean that you need to change the usual time you take the pill, but do not take it more than 12 hours late.

Will I have normal periods?

Everyone is different. You may have no periods, regular periods or irregular bleeding or spotting. Whatever happens for you, it is normal, safe and healthy, so do not worry. Your periods and your fertility will go back to normal when you stop the pill.

How can I get more pills?

For more detailed information about your pill, you can read the whole leaflet on www.sexwise.org.uk

For further supplies, or if you would like another method of contraception, please contact:

The contraception and sexual health team on 01384 321480

The contraception and sexual health team
Brierley Hill Health & Social Care Centre
First Floor
Venture Way
Brierley Hill
DY5 1RU

<http://www.dgft.nhs.uk/services-and-wards/sexual-health-community/>

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The contraception and sexual health team on 01384 321480

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/sexual-health-community/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔