



How to take progestogen-only pills?

Information
for patients



How to take the progestogen-only pill ?

Take the pill daily every day, without any breaks.

What if I forget to take it one day or miss a pill?

Desogestrel only

A missed pill is a pill that is completely omitted (i.e. more than 12 hours have passed since the pill was due (36 hours since last pill taken)). Please make an appointment if you missed one pill or more or if you have had unprotected sex in the two days following the missed pill(s).

All other progestogen-only pills

A missed pill is a pill that is completely omitted (i.e. more than 3 hours have passed since the pill was due (27 hours since last pill taken)). Please make an appointment if you missed one pill or more.

If you are not sure which progestogen-only pill you take please make an appointment .

What if I have changed my medication?

Check with your doctor/ nurse/clinic whether any other medication you are taking will affect the pill.

How long can I continue using the pill ?

For as long as you like up to 55 years old, providing you make an appointment if you have changes in your medical history, medication, or any new symptoms.

How often should I come back to the clinic?

You should make an appointment if you have changes in your medical history, in your family medical history, medication, or any new symptoms or would like to change to another method.

If you have any further questions please make an appointment.

Camden and Islington
020 3317 5252

Hillingdon **01895 488 890**

Or visit www.cnwl.nhs.uk/sexualhealth

Pill

Resupply Clinic

Questionnaire for progestogen only pill

Name Date of Birth

1. Have you taken any of your pills late or missed any pills in the last 3 months? Yes No
 2. Since your last visit to our clinics have you had or do you currently have any of the following conditions:
High blood pressure Yes No
Thrombosis (blood clots in legs or in the lungs) Yes No
Diabetes Yes No
Stroke Yes No
Heart disease Yes No
Cancer Yes No
High cholesterol Yes No
Liver disease or Jaundice or Gall stones Yes No
 3. Since your last visit here have you had any of the following:
Pregnancy Yes No
Breast problems Yes No
Any serious illness Yes No
Any major surgery Yes No
 4. Changes in bleeding patterns with progestogen-only pill use are common. Are you worried about your bleeding pattern and do you wish to discuss this with the clinician? Yes No
 5. Do you have any known allergic reaction to medicines? Yes No
If you answered yes, which medication?
.....
 6. Are you taking any regular medication (including any complementary medicines such as St John's Wort)? Yes No
If yes, which
 7. Do you know the name of the pill you are currently taking?
If yes
 8. Have you ever been advised not to use the progestogen-only pill? Yes No
 9. Would you like to discuss other methods of contraception such as long-acting methods that you do not have to remember to take each day? Yes No
 10. Do you feel frightened of your partner or others at home? Yes No
- I confirm that I have read the information sheet and have answered the questions to the best of my knowledge.

Signature