

The Contraceptive Pill



An Easy Read Booklet

Contraceptive Pill



There are many different kinds of the contraceptive pill.



Talk to your doctor or nurse about what pill suits you.

You will need a health check before you start the pill.



The pill will not stop you getting a sexually transmitted infection (STI).



Using a condom can stop you getting a sexually transmitted infection (STI).



If you take the pill properly it can stop you having a baby.



You need to remember to take your pill around the same time everyday.



If you forget to take your pill don't panic, take it as soon as you remember.

Side Effects



It can reduce period pain, bleeding and pre-menstrual symptoms.



You may have headaches, mood changes and boob (breast) tenderness at first.

This usually settles after some time.



Some things can effect how your pill works.

For example, if you are sick or have diarrhoea.



Some may gain weight.



Some medicine can effect how your pill works.



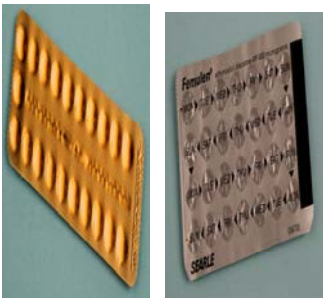
Talk to your doctor (GP) or nurse about any side effects

or

if you are worried.

First visit

You will have a health check and a 3 month supply of pills (tablets).



Second visit

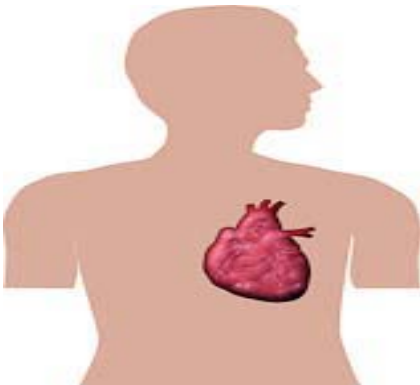
You will have a health check and a 6 month or 12month supply of pills (tablets).



Tell your doctor if you have:



Diabetes.



Heart problems.



Had a stroke.

**FREE
CONDOMS
NO FUSS**



To get free condoms go to
The doctor (GP), clinic
or chemist.



Or call 0300 303 0243 for
your nearest centre.

Acknowledgements- Photosymbols & NHS Lanarkshire Sexual Health Services.

Next Review Oct 2019. NHS Lanarkshire Learning Disability Service.