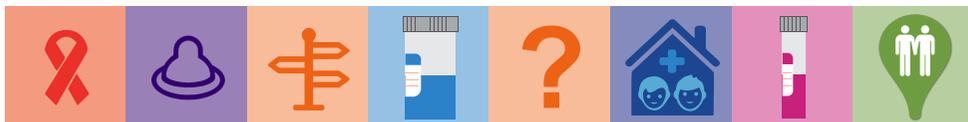


INTEGRATED SEXUAL HEALTH SERVICE

WHAT YOU NEED TO KNOW ABOUT: THE COMBINED PILL



<http://sexualhealth.cht.nhs/think-sexual-health>

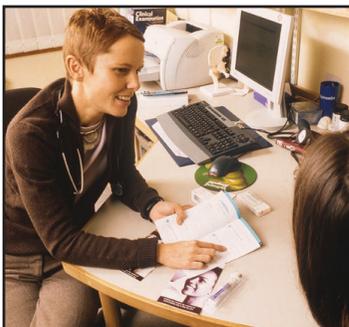




The pill is a contraceptive.



A woman takes the pill to reduce her chances of getting pregnant.



The pill is prescribed by a GP or at the sexual health clinic.



The pill is taken for 21 days in a row. That is three full weeks.

The pills are usually in packets of 21 and have the days of the week on them. This makes it easier to remember to take.

You should take it at the same time every day.



After a packet is finished you do not take any tablets for 7 days. This is when you will have a period.

Don't worry if it is lighter than usual or there is no bleeding - this is normal.



When you are taking the pill it is important to have your blood pressure taken.

This will be done when you go for your next packet of pills.



The pill will not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



Calderdale and Huddersfield
Sexual Health Services

You can get condoms free from sexual health clinics, some GPs, some pharmacies, and all youth clubs.

Take a look at our website for more information on services.

You can find our website by typing in the address below or typing “Calderdale Sexual Health” in to any search engine and our website will appear near the top of the results.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>
Remember that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

November 2019