

How to Start Taking Birth Control Pills

There are three ways to start the pill.
Your nurse or doctor will help you decide which is best for you.

FIRST DAY START



Take the first pill in the pack on the first day that you bleed with your next period.



QUICK START



Take the first pill in the pack today.



Use condoms or do not have sex for **7** days after you start.

SUNDAY START



Take the first pill in the pack on the first Sunday after you start bleeding.

If your bleeding starts on Sunday, that is the first Sunday. Take your pills that day.



Use condoms or do not have sex for **7** days after you start.

For all three start types—quick start, first day start and Sunday start:

After your first pill:

- Take one pill every day.
- Take your pill at the same time every day.
- Be careful not to skip pills.



Questions?

Call your county health center
Boone County: 859.363.2060
Campbell County: 859.431.1704
Grant County: 859.824.5074
Kenton County: 859.431.3345



NORTHERN KENTUCKY
INDEPENDENT DISTRICT
HEALTH DEPARTMENT

Center for Health Training—www.centerforhealthtraining.org

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Sage Words ~ accessible health communications ~ www.sagewords.org

What Happens if You Miss Your Birth Control Pills?

You could get pregnant.
You may have some bleeding between periods.
You may want to choose another kind of birth control if you miss your pills a lot.

WHAT DO YOU DO IF YOU MISS PILLS?

If you miss
1 pill



1. Take the pill you missed now.



2. Take the next pill at the usual time.



3. Use condoms or do not have sex for **7** days.

If you miss
2 pills



1. Today, take the 2 pills you missed.



Today

MISSED



Tomorrow



2. Tomorrow, take the next two pills at the usual time.



3. Take the rest as usual.



4. Use condoms or do not have sex for **7** days.

If you miss
3 or more pills



1. **Call the health center**



If you miss any pills and have had sex without a condom, call the health center

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