Instructions for Taking Birth Control Pills

1. You should start your first pack of pills on the Sunday following the first day of your menstrual period – unless you are instructed otherwise. You should take (1) pill every day at the same time of day. **DO NOT** take your birth control pill with any other medications. Always leave at least two hours between taking your birth control pill and other medications.

2. Spotting and/or nausea may occur during the first four packs, or if you miss any pills. This is due to your body adjusting to the change in the hormones of the pills.

3. Vomiting, diarrhea and certain medications (sedatives, seizure medications, and antibiotics) can interfere with the effectiveness of birth control pills. If you are required to take any of these medications, you should use a back-up method of birth control (condoms, spermicides) during that time, plus for seven days after.

4. If you miss your menstrual period, continue to take one pill a day. You should also have a pregnancy test. If you miss more than two cycles, contact your practitioner.

5. What do you do if you miss any pills?

Number of Pills Missed	Time in the Cycle	Instructions
One (1)	Anytime	Take the missed pill as soon as you remember and take the next pill on time.
Two (2)	Week one or week 2	Take two (2) pills each day (at the same time) for two (2) days. Then resume taking one (1) pill each day. Use a back-up method of birth control during this time and for seven days after you are back on schedule.
Two (2) Or	Week three	Throw out the rest of your current pack of pills. Start a new pack of pills on the next Sunday. Use a back-up method for seven days. You may have spotting or you may completely miss a menstrual period. This is expected. You should have a pregnancy test if you miss your period.
Three(3)	Anytime	

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 871-5250.