

# Mini Pill



## Commonly known as the progestogen-only contraceptive pill

### What is the Mini Pill?

The Mini Pill is a progestogen-only oral contraceptive pill (POP) which is taken at the same time every day to prevent pregnancy.

Progestogen is similar to the hormone produced by the ovaries in the female body.

In Australia the Mini Pill is sold as Microlut®, Locilan® and Noriday®.



### How does the Mini Pill work?

The Mini Pill works by:

- Thickening the mucus of the cervix so that sperm cannot enter the uterus (womb).
- Affecting ovulation (egg release from the ovary) in some women.

When you start the mini pill for the first time or after a break, it can take up to 3 days to start working.

Speak with a doctor, nurse or pharmacist about the best way to get started.

### How well does it work?

- Taken correctly, the mini pill can be 99% effective at preventing pregnancy.
- If you miss a pill, vomit within 2 hours of taking a pill, are more than 3 hours late in taking the pill and have severe diarrhoea or take certain medications, it might only be 93% effective.

### Is the Mini Pill right for me?

Women can safely use the Mini Pill however there are some factors which may mean that the Mini Pill is not appropriate for you. These include:

- You may find taking a tablet at the same time each day difficult.
- You may have been treated for breast cancer.
- You have severe liver disease.
- Certain types of medication might stop the mini pill from working (see your doctor or pharmacist).



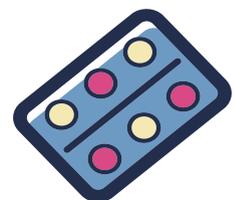
### Where can I get the Mini Pill?

Starting the Mini Pill for the first time requires an assessment by a doctor.

They will explain how to use the Mini Pill and give you a prescription.

The cost of the Mini Pill is largely dependent on whether you have a Concession and/or Medicare card.

The Mini Pill is available from any pharmacy. **You will need your prescription.**



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Family Planning Tasmania  
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## Advantages

- Contains a very low dose of hormones.
- Reversible with a rapid return to usual fertility once stopped.
- Starts working quickly.
- Another choice if you can't take the hormone oestrogen.
- You can take it whilst breast feeding and can start immediately after having a baby.

## Possible side effects

Side effects are uncommon but may include:

- Changes in bleeding patterns including: periods stopping completely, irregular periods.
- Ovarian cysts – usually there are no symptoms and do not require treatment.
- Headaches.
- Breast tenderness.
- Changes to your skin.
- Mood changes.

*The mini pill has not been shown to cause weight gain.*

## How do I take the Mini Pill?

You need to take the Mini Pill at the **same time** every day.

The pack contains 28 hormone pills. There are no sugar pills (non-hormone pills).

Don't forget to set a reminder on your phone, calendar etc. to help you remember to take your Mini Pill and ensure you will be protected from pregnancy.



## What could stop the Pill from working?

The Mini Pill might not work if:

- If it is taken more than 3 hours late.
- You have had severe diarrhoea.
- You vomit within 2 hours of taking the Mini Pill.
- You are taking certain medications and natural remedies. Check with your doctor.

## What do I do if I miss a Mini Pill?

- Take the missed pill as soon as you notice (this may mean you may be taking 2 pills on the same day).
- Use condoms for the next 3 days.
- Continue to take your pills as normal.

## What else do I need to know?

- If you have had unprotected sex since you missed your pill, you may need to take Emergency Contraception.
- If you do get pregnant whilst on the Mini Pill, it is safe to continue with the pregnancy (you will need to stop the Mini Pill).

