

How to start taking birth control pills.

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

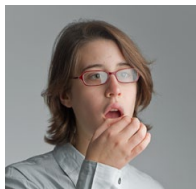
First Day Start



Take the first pill in the pack within the first five days of beginning menstrual bleeding.



Quick Start

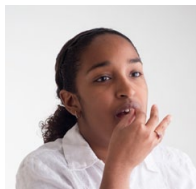


Take the first pill in the pack today.



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 clinic at