

# Things That Can Help

- Give your body 1 or 2 months to get used to the pill. These side effects usually don't last.
- Your pill might not be the reason you are feeling bad. For example, you may have a headache because you are getting the flu.



- You might have these side effects if you:
  - miss a pill
  - take more than one pill at a time
  - take them at different times of day

Try to take your pill every day, **at the same time**. Many women use their cell phone alarms as a reminder.

- If you are feeling sick to your stomach, try taking your pill after eating a meal.



- You can always call the clinic if something doesn't seem right or if you are worried. Your doctor or nurse may be able to change the kind of pill you are taking.

Always use condoms if you stop taking the pill!  
 If you stop taking the pill before you change to another kind of birth control, you might get pregnant.

## Serious Side Effects

**Call your clinic or doctor right away if you have:**



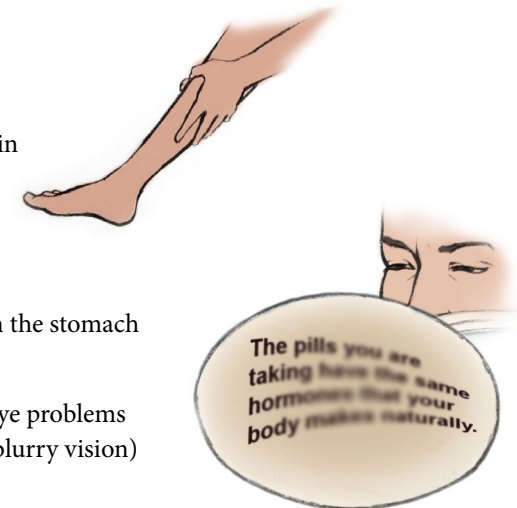
Very bad pain in the chest

Very bad leg pain

Very bad headache

Very bad pain in the stomach

Eye problems  
(blurry vision)



The pills you are taking have the same hormones that your body makes naturally.