

Progesterone Only Contraceptive Pill (POP)

Common Side Effects:

- Irregular bleeding. This tends to become lighter, and less frequent.
 - Over 3 months of use
 - 50% of women will have no infrequent bleeding
 - 40% will have 3-5 episodes of bleeding
 - 10% will have 6 or more episodes of bleeding
 - 20% will bleed for a prolonged time (more than 14 days)
- Can cause mood change but no evidence it causes depression
- Can cause reduced libido (sex drive)

Benefits:

- Can stop or lighten periods
- Can be used in people who are breastfeeding, overweight or have migraine

Traditional POPs >3 hours late (>27 hours since the last pill was taken)	Desogestrel POPs >12 hours late (>36 hours since the last pill was taken)
<ul style="list-style-type: none">• The missed pill should be taken as soon as remembered. If more than one pill has been missed, only one pill should be taken• The next pill should be taken at the usual time. This may mean that two pills are taken in 1 day• Additional contraceptive precautions (condoms or avoidance of sex) are advised for 2 days (48 hours) after restarting POP• Emergency contraception is indicated if unprotected sexual intercourse occurred after the missed pill and within 48 hours of restarting the POP	