



Freyja Medical Clinic

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Instructions For Minipill Users

What is the minipill?

The minipill is often used by women who have a problem with the regular combination pill as well as women who cannot take the regular pill for other reasons. Unlike combination pills, the minipill contains only one kind of hormone (progesterone). Many of the undesirable side effects of regular combination birth control pills are related to their estrogen component such as headaches, nausea, decrease in libido, hypertension. The minipill is also an excellent choice for women who are breastfeeding since it does not decrease the amount of breast milk being produced and has minimal side effects. In women who are breast-feeding, taking the minipill will result in an excellent overall contraceptive effect.

Does it have any drawbacks?

The main drawback of the minipill is that it has to be taken more diligently than the regular combination pill. It should be taken within 3 hours each day.

How does it work?

The minipill prevents pregnancy mainly by thickening the cervical mucus, thus making the sperm penetration more difficult. The minipill might also inhibit ovulation partially.

How do I take it?:

Begin taking the minipill on your first day of your menstruation and take it every day without a break (unlike the regular combination pill where you take a week's break every 4 weeks). Use a back up method for the first 7 days. If you are breastfeeding and might not menstruate for a long time, it is ok to start it right away but use a back up method for 4 weeks.

What should I do if I miss one day or if I am late one day (more than 3 hours late)?

Resume the pill as soon as possible and use a back-up method until the pill has been resumed for 2 days.

What kind of menstrual pattern can I expect?

Close to half of women who take this pill will have normal regular cycles. Some people will have slightly irregular cycles and might experience occasional spotting. 20% of women will stop bleeding all together (this is not dangerous-just means there is no lining that has built up in the uterus).