

# Combined pill

Ensure that you read the enclosed instruction leaflet.

**Take one pill every day for 21 days, then have a 7 day break.**

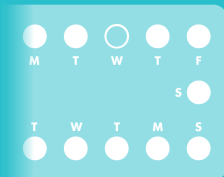
Choose a convenient time in the day to take your first pill, and continue to take it close to that time every day.

If you miss pills you may not be protected against pregnancy.

## Side effects

Serious health risks are very rare, but if you have any of these symptoms - stop the pill and see your doctor immediately:

- painful swelling of one leg
- chest pain, difficulty breathing or coughing blood
- numbness or weakness of one arm/leg
- first attack of migraine on the pill.



# SH:24

## More information

Watch this video on how to take the combined pill:

[bit.ly/taking-coc](https://bit.ly/taking-coc)

Read about how the combined pill works, its effectiveness, what to do if you forget to take it, side effects and risks here:

[sh24.org.uk/contraception/combined-pill](https://sh24.org.uk/contraception/combined-pill)

## Things to consider

- pills do not protect you from STIs - use a condom as well
- tell your doctor you are taking the combined pill if you are prescribed medicines.

## Repeat order:

We will text you two weeks before you are due to run out with a link to repeat order.

# SH:24

**Sexual health:  
24 hours a day**



**Talk to us:**

If you need help or have questions,  
text: **07860 041 233**



**Questions?**

Read our FAQs: [sh24.org.uk/  
contraception/combined-pill](https://sh24.org.uk/contraception/combined-pill)