

Progestogen only pill

Ensure that you read the enclosed instruction leaflet.

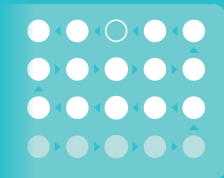
Take one pill every day.

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

Do not take a break between packs.

Go from one packet straight to the next.

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



SH:24

More information

Watch this video on how to take the progestogen only pill:

bit.ly/taking-pop

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

sh24.org.uk/contraception/progestogen-only-pill

Things to consider

- pills do not protect you from STIs - use a condom as well
- tell your doctor you are taking the 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/
progestogen-only-pill](https://sh24.org.uk/contraception/progestogen-only-pill)