

What side effects does Slinda® have?

Occasionally people may experience headaches, breast tenderness, or mild skin changes; these usually settle within a few months. If they don't settle talk to your doctor.

Where do I get Slinda®?

Slinda® needs to be prescribed by a doctor, and then the prescription taken to a pharmacy.

What do I do if I miss taking one of my Slinda® pills

Is it more than 24 hours since the pill should have been taken? (This means more than 48 hours since you last took a pill)



YES



Take the most recently missed pill straight away.

This may mean taking 2 pills on one day (throw out any other missed pills).

Continue to take your pill at the usual time.

Use condoms or abstain from sexual intercourse until you have taken 7 of the hormone pills(white).

After taking 7 hormone pills(white) you should be protected from pregnancy again.



If you have taken LESS than 7 hormone pills(white) in your current pack since your last inactive(green) pills and have had sex without a condom you may need to use emergency contraception. Talk to your pharmacist, doctor, or a nurse.



NO



Take the pill straight away.

This may mean taking 2 pills on the same day.

The pill will still work.



If there are LESS than 7 hormone pills left in your current pack, skip the inactive pills(green) and start the active pills(white) in your next pack.



OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.

Level 1,
28 University Avenue
Canberra ACT 2601

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections(STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

CONTACT

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All donations to SHFPACT over \$2.00 are tax deductible



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077

shfpact.org.au

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I'M ALL ABOUT
**THE
PROGESTOGEN
ONLY PILLS**





Progestogen-only pills (POPs)

Progestogen-only pills are contraceptive pills that contain progestogen, similar to the hormone progesterone produced by the ovaries. Progestogen-only pills are different from the other contraceptive pill ('the pill') which contains two hormones - oestrogen and progestogen.

There are two types of progestogen-only pills available in Australia:

- The progestogen-only pill or 'mini pill'.
- Slinda®

The progestogen-only pill (mini-pill)

The mini pill is an oral contraceptive pill that contains a low dose of progestogen. There are two different types of mini-pills available in Australia: levonorgestrel (brand name Microlut®) and norethisterone (brand name Noriday®). They both work the same way.

How does it work?

The mini-pill works by thickening the mucous in the cervix so that sperm cannot get into the uterus (womb) and fertilise an egg.

How effective is it?

The mini-pill is 93% effective at preventing pregnancy. However, effectiveness is very dependent on you taking the pill correctly. The mini-pill is more effective in women over 40 years old.

How do I take it?

You take the mini-pill by swallowing a pill every day and taking it continuously without any breaks. It needs to be taken strictly at the same time every day, so it's best to choose a time that is easy for you to remember. It can be helpful to use an alarm or a reminder to help you remember to do this.

What are the advantages of the mini-pill?

- It is a low-dose oral contraceptive
- It has minimal side effects
- It is easily reversible on stopping it
- You can use it while breastfeeding
- You can use it if you are unable to take oestrogen
- It will not mask menopause symptoms

What are the disadvantages of the mini-pill?

- It needs to be taken strictly at the same time every day.
- It can change your periods. Some women may experience regular periods, while others experience irregular bleeding.

What side effects does the mini-pill have?

The mini-pill has very few side effects. Occasionally people may experience headaches, breast tenderness, or mild skin changes. However, these usually settle with time.

The main side effect which may occur is a changed bleeding pattern. This might be irregular bleeding, missed periods, or sometimes no periods. Some women who take the mini pill report mood changes or weight gain, but there is no current evidence that the mini-pill causes these side effects.

Where do I get it?

The mini-pill needs to be prescribed by a doctor, and then the prescription taken to a pharmacy.

What do I do if I miss a pill?

If you take the mini-pill more than three hours late you could get pregnant. If you have missed a pill, you should take it as soon as you remember and then take the next pill at the correct time; this may mean taking two pills on the same day. Then continue to take your pill at the usual time. Use additional contraception (condoms) or avoid sex for the following three days.

If you had sex when you were not protected, you should consider using the emergency contraceptive pill to reduce the risk of becoming pregnant. The emergency contraceptive pill is available at pharmacies without a prescription.

What should I do if I am vomiting?

If you vomit within two hours of taking the mini-pill, you should take another pill straight away. If you vomit up the second pill you need to use condoms or avoid sex until you have taken the next three pills at the correct time.

What if I'm taking other medications?

Some medications and herbal preparations may stop the mini-pill working, this should be discussed with your prescribing doctor.



Slinda®

Slinda® is a contraceptive pill that contains the progestogen drospirenone, and no oestrogen, and works similarly to the combined oral contraceptive pill ('the pill').

How does Slinda® work?

Slinda® works by:

- Preventing ovulation (release of an egg by the ovary)
- Thickening the mucous in the cervix

How effective is it?

Slinda® is 93% effective at preventing pregnancy.

How do I take it?

You take a pill by mouth every day. Each pack of Slinda® contains 28 pills - 24 active pills that contain the hormone (white) and 4 inactive pills that do not contain any hormone (green).

What are the advantages of Slinda®?

- It is very effective with correct use
- It is easy to get with a script from your doctor
- It is easily reversible
- It can reduce your menstrual bleeding over time
- You can use it if you are unable to take oestrogen

What are the disadvantages of Slinda®?

- You need to take it every day
- It may be less effective if not used properly
- It is more expensive than some of the combined oral contraceptive pills