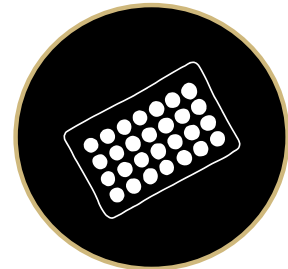




Norethindrone Progestin-Only Pill

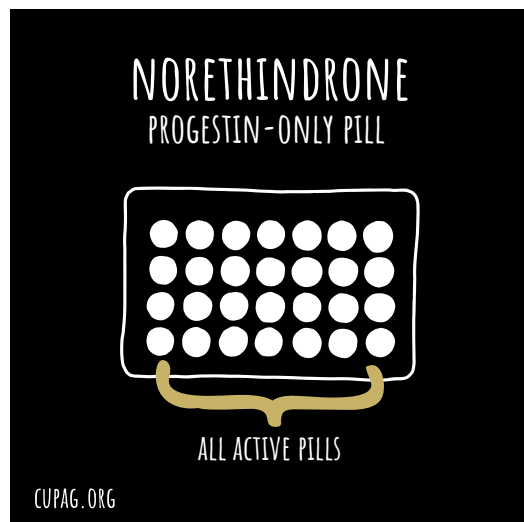
QUICK FACTS!

- + Norethindrone progestin-only pills contain the medication progestin.
- + This type of pill does not contain estrogen.
- + Your menstrual period may be the same or different. You may have no bleeding, irregular bleeding, or monthly periods.
- + It is very important to take this type of pill at the same time each day.
- + Norethindrone progestin-only pills cause cervical mucus to get thicker, and this blocks sperm from entering the uterus.



How should I get started?

- + Start it today or as soon as you get it from the pharmacy.
- + You can start the pill on any day of the week.
- + It's a good idea to set an alarm on your cell phone to help remember to take the pill at the same time each day.
- + Norethindrone progestin-only pill packs only contain active pills. Do not skip any days.



What about side effects?

- + The most common side effect with norethindrone progestin-only pills is irregular bleeding. This may or may not improve over time.



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Find out more at: cupag.org/periods

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

How should I request refills?

- + Contact your pharmacy 2 weeks before you need more medication to request a refill.
- + You should be able to get a 3-month supply of your medication. Contact your insurance company if you can't get a 3-month supply. They may require that you use a certain pharmacy or mail order.
- + If you have health insurance, your pill should not have any cost or co-pay.
- + Some insurance (for example, Colorado Medicaid) will supply you with a 12-month supply of pills after you have been on your pill for at least 3 months.
- + If you are having any problems getting or using your pill, call our office (720-777-2667) or send a MyChart message and we will help.

What to know when using as birth control

- + It takes 2 days for the norethindrone progestin-only pill to be an effective method of birth control.
- + It is very important to take the pill the same time each day and not miss any doses. Do not rely on it for birth control if you are more than 2 hours late for your pill.
- + The pill does not prevent STI's. Use condoms and get tested at least each year.



**Interested in
learning more?
Check out our guide
to problem periods!**



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