

### MICRONOR (aka POP, "The Mini Pill")

Micronor is an oral contraceptive often referred to as the "mini pill" or "POP" (Progestin Only Pill). It contains only progesterone; there is no estrogen in this pill.

The POP is a good option for birth control for women who cannot use estrogen (e.g. women who have had blood clots in their veins or who have severe migraines).

#### HOW DOES IT WORK?

- It makes the mucus in the cervix thicker making it harder for the sperm to travel into the cervix.
- It changes the lining of the uterus, making it thinner. This makes it harder for a fertilized egg to attach to the uterus.
- About 60% of women will not release an egg while taking the POP.

#### HOW EFFECTIVE IS IT?

The POP is about 95% effective at preventing pregnancy. To be fully effective, it *must* be taken at the same time each day. It does not prevent against sexually transmitted infections (STIs).

#### Women who may want to use this method:

- Cannot or do not want to use estrogen
- Have a history of:
  - blood clots in their veins
  - complicated migraines
  - stroke
  - smokers over 35
- Are breastfeeding their children

#### Who should not use this method?

- Women who are on certain medications that interfere with the hormone in the POP
- Women with undiagnosed vaginal bleeding
- Women who have or have had breast cancer
- Women with active liver disease
- Women who cannot take a pill at the same time every day

#### HOW DO YOU USE THE POP?

- When to start: Take your first pill on the first day of your menstrual period (first day of bleeding). If you are starting Micronor after an abortion, take your first pill within 24 hours of the procedure
- The POP comes in a pack with 28 hormone-containing pills (active pills). Unlike the regular birth control pill, *you must take an active pill every day for 28 days* – there is no hormone-free week
- It is *extremely important to take your pill at the same time every day*. If you take a pill more than 3 hours late, or if you miss a pill, you're more likely to get pregnant.

#### **WHAT ARE THE MORE COMMON SIDE EFFECTS?**

- The most common side effect is a change in menstrual bleeding. Periods may become more or less frequent or there may be spotting between periods.
- Rarely, women may experience headaches, breast tenderness, nausea and dizziness.

#### **WHAT TO DO IF YOU ARE LATE TAKING OR MISS YOUR PILL**

- *Less than 3 hours* - Take the missed pill as soon as you remember it and keep taking your pills at your regular time.
- *More than 3 hours* - Take the missed pill as soon as you remember. Use back up contraception for 7 days. If you have had unprotected sex in the last 5 days, emergency contraception (e.g., Plan B) is recommended.

#### **OTHER INFORMATION**

- You may notice that your periods are lighter. It may come earlier or later. You may also skip a period.
- You may have some spotting during the month.
- If you miss a period or are concerned you may be pregnant, have a pregnancy test done.
- The POP does not protect you from sexually transmitted infections or HIV. Practice safer sex by using condoms.

If you have any questions/concerns, please call  
the Bay Centre for Birth Control at (416) 351-3700