

**Failure rate:
1-2%**

6: The “PILL”

Oral contraceptives (the “pill”) usually come in packs of 28 pills. A female takes 1 pill each day, regardless of how often she has intercourse. If she forgets to take a hormone-containing pill for one or more days, a back-up contraceptive may have to be used for a period of time to prevent pregnancy.

Combination pill: The combination pill contains synthetic versions of the female hormones estrogen and progestin. The hormones prevent ovulation (releasing eggs). Side effects of estrogen-containing pills may include dizziness, nausea, and changes in menstruation. Rarely, users may experience cardiovascular problems.



Mini-pill: The mini pill contains only progestin and may not prevent ovulation. Instead, it causes the mucus around the cervix to thicken. The thick mucus prevents sperm from reaching an egg. The mini-pill is often prescribed to women who experience side effects from the combination pill or who are breastfeeding.