



Oral Contraception Safety Leaflet

You have been given this leaflet because you have been prescribed an oral contraceptive.

Please seek an urgent medical review if you have any of the following: -

- Calf pain, swelling and/or redness
- Chest pain and/or breathlessness and/or coughing up blood
- Loss of motor or sensory function

Please seek a review with your doctor if you have any of the following: -

- Breast lump, unilateral nipple discharge, new nipple inversion, change in breast skin
- New onset migraine
- New onset visual disturbances or muscle weakness/tingling in the hour preceding onset of migraine
- Persistent unscheduled vaginal bleeding
- Any new lumps and bumps
- Any new rashes or blisters around your vagina
- An unusual vaginal discharge
- Pelvis pain or painful sex

Please seek a review about your contraception if you are diagnosed with any of the following: -

- High blood pressure
- High body mass index (>35 kg/m²)
- Migraine or migraine with aura
- Deep vein thrombosis or pulmonary embolism
- Blood clotting abnormality
- Antiphospholipid antibodies
- Angina, heart attack, stroke, or peripheral vascular disease
- Atrial fibrillation
- Cardiomyopathy

- Breast cancer or breast cancer gene mutation
- Liver tumour
- Symptomatic gallstones
- Diabetes
- Covid requiring a hospital admission

Please seek advice from your healthcare professional if you take a combined pill: -

- At least 4 weeks prior to planned major surgery, such as bariatric surgery, or an expected period of limited mobility.
- If trekking to high altitudes (above 4500 m or 14,500 feet) for periods of more than 1 week, you may be advised to consider switching to a safer alternative contraceptive method.
- If you start smoking, or change the number of cigarettes you smoke, since you were issued with your pill.
- If you expect to have periods of immobility lasting over 8 hours, for example a long flight.

IMPORTANT INFORMATION

- Some drugs can change the effectiveness of your pill, such as St John's Wort. Please seek advice from a medical professional if you intend to take any drug not supplied by your doctor, including those obtained illicitly.
- If you're under 25 and sexually active, it's recommended that you have a chlamydia test once a year, and when you have sex with new or casual partners.
- Oral contraceptives do not protect against sexually transmitted diseases.
- If you are being abused, or coerced into anything you are uncomfortable about, your surgery staff can help you.
- Please attend for your smear tests when invited.
- Be breast aware. Check your breasts at least every 4-6 weeks.

Long-acting reversible contraceptives (LARCs)

Implants, depo injections and intrauterine devices are known to be more effective than oral contraceptives. LARCs do not rely on you remembering to take your contraceptive tablet daily.

More information can be provided on request.