

## How to Use Birth Control Pills

1. Use condoms during your first pack of pills. Your pills may not protect you from pregnancy until you have taken the first pack.
2. Start taking your pills on the first Sunday **after** your period starts. If your period starts on a Sunday, start taking the pill that day.
3. It is a good idea to take your pill after eating. Some women get an upset stomach from taking the pill.
4. Take your pill at the **same time every day**. This is very important. Here are some hints:
  - Pick a time that you can link to something else that you do at the same time every day - like brushing your teeth or eating lunch. If you don't get up at the same time every day, don't pick morning as your pill time.
  - Set an alarm on your cell phone for your pill time.
  - Check your pack every morning when you get up to make sure you took your pill the day before.
5. Take all of your pills until none are left. When you are finished start a new pack.
6. When you begin your last pack, call Adagio Health so that you can get more pills.

