



Patient Management: *Clinician Call Back System*

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content:	Frequently Asked Questions_ Progestin Only Pills

Overview

This document details the most frequently asked questions by CHOICE participants regarding progestin-only pills (POPs) and provides an answer guide for staff. In this table, green represents questions which CHOICE receptionists were trained to answer, yellow represents questions which the CHOICE contraceptive counselors and staff nurse were trained to answer (in addition to the green questions). There were no questions regarding POPs requiring a Clinician Call Back (CCB). Refer to the [Clinician Call Back System Overview](#) for further information.

KEY: STAFF LEVEL OF KNOWLEDGE	
	Receptionists
	Contraceptive Counselors, Staff Nurse

<i>How effective are POPs at preventing pregnancy?</i>	Progestin-only pills are 91% effective with typical use, meaning that 9 out of 100 women using this method will get pregnant during the first year of use. This is because it requires the user to do something every day at the same time.
<i>Will I be able to predict or schedule my bleeding times?</i>	Probably not. You may experience irregular bleeding with POPs, such as spotting in between periods or you may stop having your period altogether. This is completely normal.
<i>I just started my POPs. How long do I need to use a condom for back up protection?</i>	You should use a back up method of birth control for a week after starting POPs. Remember, POPs will not protect you from sexually transmitted infections, so you can continue to use condoms for protection from STIs and pregnancy.
<i>Should I wait until the Sunday after my next period to start the method?</i>	No, you can start the method today—this is called the Quick Start method. Remember to use a back up method of birth control, such as condoms, for at least a week.
<i>I'm having a hard time remembering to take my POPs at the same time every day.</i>	Some patients find it helpful to set an alarm on their cell phone. There are also some wonderful free apps that you can download to your smart phone. You can also visit www.bedsider.org to set up reminders that can be texted or emailed to you. If these strategies don't work and you continue to miss pills or take them late, the effectiveness will decrease. In this case, you may

	<p>want to consider switching birth control methods.</p>
<p><i>How do I take a POP?</i></p>	<p>You need to take a pill at the same time every day to make it most effective. You also will not a “pill-free” week or a placebo week. When you finish with one pack you simply start another pack. If you are 3 or more hours late taking your POP or if you miss a day, take a pill when you remember, take your next pill on time, and use a back up method of birth control for one week.</p>
<p><i>Why would I take the POP instead of just the normal birth control pill?</i></p>	<p>Some women with medical problems such as high blood pressure or migraine headaches should avoid estrogen. If you want to take an oral contraceptive and cannot have estrogen, the POP could be a good option for you.</p>