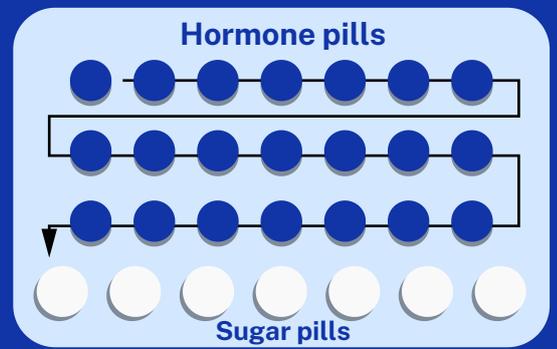


3 ways to take your combined contraceptive pill



I want a period every month



I want a period sometimes



I don't want a period (safest option)



Take 1 hormone pill each day for 21 days



Then take 1 sugar pill each day for 4 to 7 days – you'll get your period during this time

Don't take the sugar pills – instead start the hormone pills in your next packet



Ready for a period?



Get help quickly if you:

- have sudden chest pain or problems breathing
- have a really bad headache
- have pain in your lower leg
- cough up blood.