



The progestogen only pill will not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can buy them from shops or pharmacies or order free condoms by post from this link.

<https://www.freecondomscentral.co.uk>

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

[www.centrasexualhealth.org](http://www.centrasexualhealth.org)

**Remember** that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

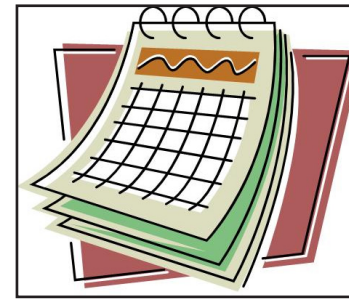
## What you need to know about

# The Progestogen Only Pill





The progestogen only pill is a contraceptive.



The pill is taken every day without a break.

The pills are usually in packets of 28 and have the days of the week on them. This makes it easier to remember to take.

You should take it at the same time every day.



A woman takes the pill to reduce her chances of getting pregnant.



Don't worry if your period is lighter than usual or there is no bleeding - this is normal.



The pill is prescribed by a GP or at the sexual health clinic.



When you are taking the pill it is important to have your blood pressure taken.

This will be done when you go for your next packet of pills.