

The Combined Pill



The pill is a contraceptive for women.



The pill can prevent pregnancy.



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

1 month

1	MON	TUES	WED	THUR	FRI	SAT	SUN
2	MON	TUES	WED	THUR	FRI	SAT	SUN
3	MON	TUES	WED	THUR	FRI	SAT	SUN
4	MON	TUES	WED	THUR	FRI	SAT	SUN

You take a pill everyday for 21 days.

Try and take it at the same time every day.



After 21 days, you stop taking the pill for 7 days.

You will have a period.



After 7 days, start a new packet of pills.



See your GP or doctor to get more pills.



You should still use condoms when having sex.

Condoms can prevent sexually transmitted infections.



You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from
<https://www.freecondomscentral.co.uk>

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

[Services for All \(centralsexualhealth.org\)](http://centralsexualhealth.org)

www.centralsexualhealth.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.

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