

Hormonal contraceptives do **NOT** protect against STIs or HIV. **Always** use a condom to protect against STIs and HIV.

Possible Benefits of Hormonal Contraceptives:

- Decrease in acne
- Lighter flow and length of period
- Decrease in menstrual cramps
- Lower chance of osteoporosis
- Lower chance of ovarian cysts

Possible Side Effects:

- Nausea
- Irregular bleeding or spotting
- Breast tenderness
- Mood Changes
- Difficulty wearing contact lenses
- Vaginal Irritation (NuvaRing™ only)
- Depo Provera has additional side effects, please read that section

Serious Side Effects:

ACHES

- **A**bdominal Pains (Severe)
- **C**hest pain or shortness of breath
- **H**eadaches (Severe)
- **E**ye Problems such as blurred vision
- **S**evere leg or arm pain.

If you have any of these symptoms, you should go to the nearest emergency room. These may be signs of a serious complication (e.g., blood clot, stroke, aneurysm, etc.).



Cigarette smoking greatly increases the risk of developing serious side effects. If you smoke, you should not use hormonal contraceptives.

Depo Provera™

Effectiveness = 99%

Depo-Provera™ is an injection given once every three months. It is also known as DMPA.



- If given within the first 5 days of your period, it is effective right away.
- If given after day 5 of your period, it will take one month to become effective. Use a back-up method to prevent pregnancy during this time.

How Depo-Provera™ Works:

- Depo-Provera™ works by preventing ovulation, thickening cervical mucous, and preventing implantation of fertilized eggs if ovulation does occur.
- Depo-Provera™ does not contain estrogen; it contains progestin only. It contains a hormone that is similar to the progesterone made by a woman's ovaries to regulate the menstrual cycle.

Possible Side Effects:

- The FDA warns that DMPA should only be used for up to 2 years due to bone loss (osteoporosis).
- Irregular periods
- Loss of period or longer, heavier periods
- Weight gain
- Headaches
- Nervousness
- Dizziness
- Depression
- Rashes or spotty darkening of the skin
- Sleeplessness
- Hair Loss
- Increased facial or body hair
- Changes in sex drive

Pap and Pill Fact Sheet

A guide to the Pap test and Hormonal Contraceptives



Brought to you by:

The Health Resource Center

Student Health Services

Room 268

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www.csulb.edu/hrc

Well Woman Exam

- This exam will usually include a Pap test, chlamydia and gonorrhea tests, pelvic exam, and clinical breast exam.
- Avoid vaginal sex, douching, tampons, using vaginal cream, and/or inserting anything vaginally for at least 2 days prior to the exam. These can alter Pap test results.
- During the exam, a speculum is inserted into the vagina, providing access to the cervix. The vagina is a muscle, so the more relaxed you are, the easier the exam will be.
- The tools used to collect cells from the cervix are a “broom” and “brush.” These tools collect cells from the cervix and are placed in a container for laboratory analysis. The test is used to identify abnormal cervical cells.



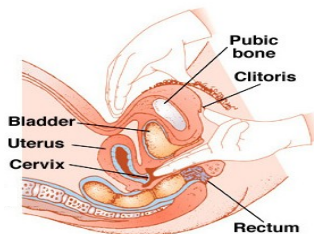
This picture shows a “broom” being used to collect a sample from a cervix model.

Chlamydia & Gonorrhea Laboratory Tests

Patients are tested for chlamydia because 80% of women have no symptoms. If left untreated, chlamydia can cause Pelvic Inflammatory Disease and infertility in women. Specimens for the chlamydia and gonorrhea tests are collected using cotton swabs.

Pelvic Exam

Two gloved fingers are inserted into the vagina, while the other hand is placed over the lower abdomen to check the uterus and ovaries.



The Birth Control Pill (BCP)



Effectiveness = 92-99%

Combination pills contain estrogen and progestin in the first 3 weeks of pills, followed by 1 week of placebo pills.

Combination pills work by preventing the release of an egg from the ovary

(ovulation), and by thickening cervical mucous to create a barrier so that sperm cannot enter the cervix.

Taking Combination BCPs: (The Two methods)

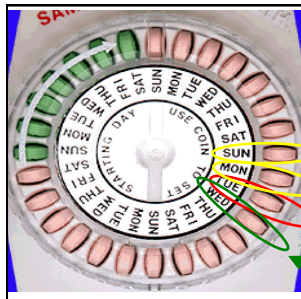
- 1) **Start with your period.** Start the first active pill within 5 days of starting your period. You will not need a back-up method to prevent pregnancy.
 - 2) **Start any time during your cycle.** You must first confirm you are NOT pregnant. Then, take the first active pill. *Use a back-up method to prevent pregnancy for at least 7 days.*
- Take one pill per day, every day, at the same time. Do not share your pills with anyone, and never take anyone else’s pills.

If You Miss Pills

- If you forget to take one pill, take it as soon as you remember. Take the next pill at the usual time.

If you forget to take two pills in a row:

- Use a back-up method to prevent pregnancy for at least 7 days after missing two pills in a row.
- When you miss pills, your chances of becoming pregnant increases. If you miss more than two pills, refer to the pharmaceutical insert in your pill pack, or visit www.plannedparenthood.org.



- It’s Tuesday and you missed Sunday’s and Monday’s pills (circled in yellow).
- On Tuesday, at the regular time you take the pill, take Sunday’s pill with Monday’s pill (red arrows).
- On Wednesday, at the regular time you take the pill, take Tuesday’s pill with Wednesday’s pill (green arrows).
- Never take more than two pills in one day.

NuvaRing™

Effectiveness = 92-99%

The NuvaRing™ is a small, flexible ring that is inserted into the vagina, and left in place for 3 weeks, then removed and thrown away at the beginning of week 4.



How NuvaRing™ Works:

NuvaRing™ contains synthetic estrogen and progestin, just like combination BCPs. It works by preventing the release of an egg from the ovary (ovulation), thickening cervical mucous to create a barrier so sperm cannot enter the cervix. The hormones in the NuvaRing™ are released by your body heat.



Choose a position that is comfortable for you.



Press the opposite sides of NuvaRing together and gently insert it.



NuvaRing can be positioned anywhere inside the vagina.

To begin using the NuvaRing™

Insert the NuvaRing™ the day you begin your menstrual period; use a back-up method to prevent pregnancy 1 week to 1 month after insertion. Leave the ring in place for 3 weeks and at the beginning of week 4, remove the ring and throw it away. At the beginning of week 5, insert a new NuvaRing™.

If the NuvaRing™ Slips Out of Place:

If it slips out of the vagina, rinse it with cool or lukewarm water and reinsert it into the vagina. Do NOT use hot water to rinse the NuvaRing™; this could cause hormones to be released, lowering the effectiveness.