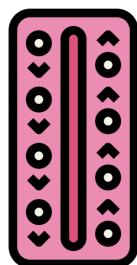


# CONTRACEPTION OPTIONS



## THE COMBINED PILL

The combined pill is also known as oral contraception. It is made up of artificial versions of female hormones oestrogen and progesterone.

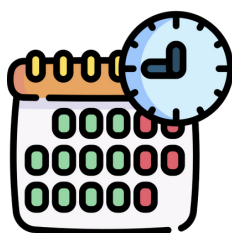
## WHY DO PEOPLE TAKE THE PILL?

There are different reasons why people might take the pill:

- The combined pill is more than 99% effective at preventing pregnancy (when it's taken properly). **\*It does not protect against sexually transmitted infections.**
- Some people will take the combined pill if they have heavy or painful periods (or endometriosis). It can make periods lighter and lessen pain.



## HOW IS THE PILL TAKEN?

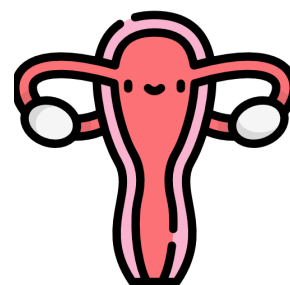


The combined pill is usually taken once a day everyday for 21 days. Then stopped for 7 days (7 day break), during this break someone might have bleeding like a period. Then the pill is started again after the 7 day break. The pill is usually taken at the same time everyday. If the pill is missed or the person has vomiting or severe diarrhoea, they may not be protected against pregnancy.

## HOW DOES THE PILL WORK?

The pill prevents the ovaries from releasing an egg each month. It also:

- thickens the mucus in the neck of the uterus, so it is harder for sperm to reach the egg.
- thins the lining of the uterus, so there is less chance of a fertilised egg implanting into the uterus and being able to grow.



## ARE THERE SIDE EFFECTS?

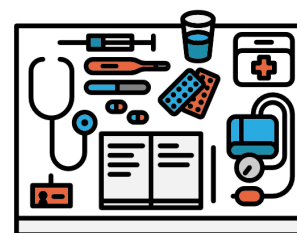


There can be temporary side effects such as: headaches, nausea, breast tenderness and mood swings. If these don't go away after a few months it might help to change to a different pill.

**\*Always speak to a doctor about more serious side effects and any worries you might have.**

## WHERE CAN SOMEONE GET THE PILL?

Common Youth (that's us!) have a sexual health clinic for young people, we can provide contraception (including the pill) up until the age of 19 years. The pill can also be accessed through your GP and local sexual health centres.



COMMON YOUTH  
23-31 WARING STREET  
BT1 2DX  
BELFAST  
02890328866

COMMON  
YOUTH.

# FREQUENTLY ASKED QUESTIONS



## WHAT DO I DO IF I MISS A PILL?

If you miss a pill you need to take it as soon as you remember, even if this means taking 2 pills in 1 day. BUT it's a good idea to give us a call and double check whether you need to use extra protection (like condoms) or if you need emergency contraception (like the morning after pill).

## CAN I GET THE PILL IF I'M UNDER 16?

You can access sexual and reproductive health services if you are under 16 years old. BUT:

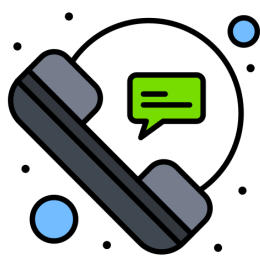
- The doctor/nurse may ask you some questions to make sure you understand your decisions.
- They also might ask some questions about the person you're having sex with - this is to make sure you're safe.



## WILL COMMON YOUTH CONTACT MY PARENTS?

Common Youth is a confidential service. This means we don't share your information. However:

- Some information may be shared if you are at risk of harm.
- If information does need shared, we will discuss with you what will be shared and with whom.



## WILL COMMON YOUTH SEND POST TO MY HOUSE?

No. We ask you to provide a phone number that we can call or text you on.



Common Youth provides free Relationships and Sexuality Education to young people (from 11 to 25 years) across the whole of Northern Ireland. We also have a sexual health clinic which offers a safe, knowledgeable and accepting environment for young people to talk and to access sexual health services. For more information about accessing our services you can contact us on 02890 328866. You can also follow us on social media.

### BELFAST

MONDAY..... 14:30 - 17:00  
 TUESDAY..... 14:30 - 17:00  
 WEDNESDAY..... 14:30 - 17:00  
 THURSDAY..... 17:30 - 20:00  
 FRIDAY..... 14:00 - 16:30  
 SATURDAY..... 13:30 - 16:00  
 SUNDAY.....13:30 - 15:00

### COLERAINE

MONDAY..... 14:30 - 17:00  
 TUESDAY..... CLOSED  
 WEDNESDAY..... CLOSED  
 THURSDAY..... 14:30 - 17:00  
 FRIDAY..... CLOSED  
 SATURDAY..... CLOSED  
 SUNDAY..... CLOSED

### MALE CLINIC (BELFAST ONLY)

SATURDAY.....16:00 - 17:30