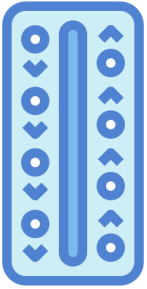


CONTRACEPTION OPTIONS



PROGESTOGEN ONLY PILL (POP PILL)

The progestogen-only pill (also known as the POP pill) is an oral contraceptive. The POP pill contains the hormone progestogen. It is a useful contraception if you can't take the hormone oestrogen.

WHY DO PEOPLE TAKE THE PILL?

There are different reasons why people might take the pill:

- The POP pill is more than 99% effective at preventing pregnancy (when taken properly - speak to your doctor/nurse if you start this pill because missing a pill can make things complicated). *It doesn't protect against sexually transmitted infections.
- Some people will take the POP pill if they have heavy or painful periods (or endometriosis). It can make periods lighter and lessen pain. Often periods will stop altogether after a few months.



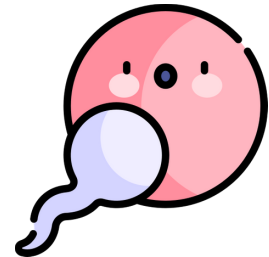
HOW IS THE PILL TAKEN?



The POP pill is taken every day at the same time. There is NO week break with this pill, it is continuous. It is very important it's taken at the same time every day. If someone misses their pill, they need to speak to a doctor or nurse ASAP to receive guidance on what to do next. If someone has vomiting or severe diarrhoea they also need to speak to a doctor.

HOW DOES THE PILL WORK?

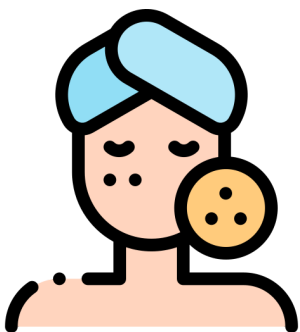
The pill will thicken mucus in the cervix which stops the sperm from reaching the egg. For most people, the POP pill will stop ovulation (ovulation is when an egg is released from the ovary each month).



ARE THERE SIDE EFFECTS?

The POP pill is usually well tolerated, but there can be some side effects (these are usually mild and last a few days or weeks):

- acne
- breast tenderness
- increased or decreased sex drive
- mood changes
- headaches or nausea



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 their GP and local sexual health centres. If you are under 16 you can still access the contraceptive pill.



COMMON YOUTH
23-31 WARING STREET
BT1 2DX
BELFAST
02890 328866

COMMON
YOUTH.

FREQUENTLY ASKED QUESTIONS



WHAT DO I DO IF I MISS A PILL?

If you miss your POP pill you have 12 hours to take it and it will still be effective. You can also double check with your nurse or doctor if you need more advice about missing a pill. Or you can give us a call on 02890 328866 and talk to one of our medical team.

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.



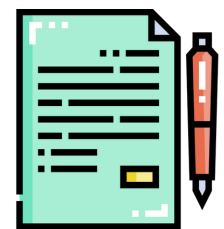
WILL COMMON YOUTH CONTACT MY PARENTS?

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