



PREGNANCY ADVISORY CENTRE

Contraceptive Information

**TAKING THE PILL AFTER
AN ABORTION**

*21 Belmore Terrace
Woodville Park SA 5011*

Phone: (08) 8243 3999 Fax: (08) 8243 3998

SA Country FREECALL 1800 672 966

Where to start

If you have decided to use the oral contraceptive pill it is best to start taking it on the Saturday after the operation. Take the first hormone (active) pill. Contraceptive protection is established once you have had seven active pills.

You can start the pill any time after an abortion providing you are sure there is no risk of further pregnancy.

When will I get a period?

Continue taking the pill regularly each day and your first period will start during the time you are taking the sugar pills. In the weeks after the abortion you may have some bleeding while you are taking active pills. The first period after an abortion may be different from your normal period - heavier or lighter than expected. Contact the Centre if you are worried about bleeding.

Continuing the pill

Take all the tablets in the packet and go straight on to the next packet in the same place you began the first packet.

When will I be safe?

The pill is effective once you have had seven active pills and continues to be effective provided you take all the pills correctly. Try to take the pill at much the same time each day for maximum effect.

What if I am late or miss a pill?

Take it as soon as you remember. Take your next pill at the usual time and continue. If you are more than 12 hours later than your usual time for taking the pill, or forget to take it completely, you may be unprotected.

In order to ensure you are safe, extra protection must be used in the next seven days. Use condoms, or abstain from having sex. If the seven days includes sugar pills skip them and continue with active pills.

Some medications interfere with the Pill

Antibiotics interfere with the Pill by reducing the amount of hormone absorbed from the intestine. Use extra precautions while you are taking antibiotics and for seven days afterwards. Taking Vitamin C enhances pill absorption, but the Pill may fail when the vitamin is stopped. Take extra precautions for seven days after ceasing Vitamin C.

Vomiting and diarrhoea reduce the amount of hormone absorbed. If you have a stomach upset take extra precautions while you have the problem and for seven days after.

Changing pills from a higher to a lower dose may cause you to be unprotected until you have taken seven active pills.

If nausea occurs try taking the pill with your evening meal, rather than at bed-time, or first thing in the morning. Vitamin B6 100mg daily may reduce nausea on the pill.

Side effects are common early in pill-taking. Most will settle by three months after starting.

Further Information

See the SHine SA pamphlet "The Pill"
www.shinesa.org.au

Contact

[Pregnancy Advisory Centre](#)

Phone: 8243 3999

FREECALL 1800 672 966

[SHine SA](#)

Phone: 8300 5300

FREECALL 1800 188 171

[General Practitioner](#)