

## **Progestin only birth control pill**

Some pills contain only progestin (called the mini pill), which is useful for women who cannot or should not take estrogen. This includes women who are breastfeeding and within 4 to 6 weeks of delivery or who have worsened migraines or high blood pressure with combination birth control pills. Progestin only pills are as effective as combination pills when taken at the same time every day, but there is a slightly higher failure rate of the mini pill if the woman is more than three hours late in taking it. A back up method of birth control should be used for seven days if a pill is forgotten or taken more than three hours late.

Progestin only pills are taken on a 28-day cycle, and all 28 pills contain hormone. One pill should be taken every day at the same time, and there is no placebo pill week. Breakthrough bleeding or spotting can occur with progestin only pills.