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More information/contacts:

**Ballarat Health Service Breastfeeding Service
Ph 53204977**

**Ballarat Health Service Maternity Unit
Ph 53204971**

**The Australian Breastfeeding Association (ABA)
Ph 1800 686 268**

**24 Hour Maternal and Child Health Advice Line Ph
132229.**

Your own GP.

The Minipill and Breastfeeding



What is the minipill?

- The minipill is an oral contraceptive pill which contains a synthetic hormone called progesterone.
- Each pack contains 28 active pills. There are no inactive/sugar pills.

The minipill and breastfeeding

- The minipill is considered safe while breastfeeding and is unlikely to affect your milk supply.
- It may affect the taste of your breastmilk and your baby may be unsettled for a few days after the minipill is commenced.
- It is more effective when you are exclusively breastfeeding. This means you are demand feeding during the day, there is no longer than a 6 hours between feeds at night, you are not feeding your baby any fluids or food other than your breast milk and you are not having periods.
- If you have any concerns about using the minipill while breastfeeding, you should talk to your doctor or other health care provider.
- It is very important to see your doctor if you are planning to stop breastfeeding so you can discuss your contraception method again.

Directions for taking the minipill

1. Start taking the minipill when your baby is 6 weeks old or as **prescribed by your doctor.**
2. Begin with the first pill in the packet.
3. The mini pill will start working after you have taken the first 3 pills, so you should use alternative contraception during this time
4. **TAKE 1 PILL EVERY DAY without a break**
5. Take the pill at the same time every day. You may like to set the alarm on your mobile phone as a reminder or set yourself another daily reminder such as cleaning your teeth each morning.

If you forget to take your pill or you are unwell:

- The pill will not be as effective if:
 - * You are more than 3 hours late taking it or miss it altogether
 - * You have been vomiting or have had severe diarrhoea.
- If these things happen, use a back up method of contraception (condoms) or avoid sex for the next 48 hours as it will take this long to work.
- If you miss a pill and have unprotected sex and wish to avoid a possible pregnancy, you will need emergency contraception. This can be obtained via your GP or 'over the counter' at the chemist. Emergency contraception should be taken as soon as possible after unprotected sex, preferably within 72 hours and definitely within 120 hours (5 days).

Other important information

- Some medicines and herbal preparations may interfere with the minipill's effectiveness. You should discuss the medications you are taking with your doctor.
- Some women may have irregular bleeding, frequent bleeding and spotting when taking the minipill. If you are having any unusual bleeding or abdominal pain please see your doctor.
- Side effects may include headaches, breast tenderness, weight changes, acne or depression. If you are having any of these symptoms, please talk to your doctor.
- If you are obese, please check with your doctor that the dose you are taking is correct as there is some evidence to suggest you may need to increase your dose. Your doctor should consult the current Family Planning Victoria Guidelines
- The minipill does not protect you from sexually transmitted diseases (STD's). Only condoms will do this.