

**IN A ROW**, talk to your doctor or clinic about how to make pill-taking easier or about using another method of birth control. **11. IF YOUR QUESTIONS ARE NOT ANSWERED HERE, CALL YOUR DOCTOR OR CLINIC.**

**WHEN TO START THE FIRST PACK OF PILLS BE SURE TO READ THESE INSTRUCTIONS** before you start taking your pills, and any time you are not sure what to do. Decide with your doctor or clinic what is the best day for you to start taking your first pack of pills. Your pills may be either a 21-day or a 28-day type. **A. 21-DAY COMBINATION** With this type of birth control pill, you are 21 days on pills with seven days off pills. **B. 28-DAY COMBINATION** With this type of birth control pill, you take 21 pills which contain hormones and seven pills which contain no hormones. **1. THE FIRST DAY OF YOUR MENSTRUAL PERIOD (BLEEDING) IS DAY 1 OF YOUR CYCLE.** The pills may be started up to Day 6 of your cycle. Your starting day will be chosen in discussion with your doctor. You will always begin taking your pill on this day of the week. Your doctor may advise you to start taking the pills on Day 1, on Day 5, or on the first Sunday after your period begins. If your period starts on Sunday, start the same day. **2. 21-DAY COMBINATION.** Take one pill at approximately the same time every day for 21 days; **THEN TAKE NO PILLS FOR SEVEN DAYS.** Start a new pack on the eighth day. You will probably have a period during the seven days off the pill. (This bleeding may be lighter and shorter than usual). **28-DAY COMBINATION.** Take one pill at approximately the same time every day for 28 days. Begin a new pack the next day. **NOT MISSING ANY DAYS ON THE PILLS.** Your period should occur during the last seven days of using the pill pack.

**What to do during the month - 1. TAKE A PILL AT APPROXIMATELY THE SAME TIME EVERY DAY UNTIL THE PACK IS EMPTY.** Try to associate taking your pill with some regular activity like eating a meal or going to bed. Do not skip pills even if you have bleeding between monthly periods or feel sick to your stomach (nausea). Do not skip pills even if you do not have sex very often. **2. WHEN YOU FINISH A PACK 21 PILLS WAIT SEVEN DAYS** to start the next pack. You will have your period during that week. **28 PILLS** Start the next pack **ON THE NEXT DAY.** Take one pill every day. Do not wait any days between packs.

**WHAT TO DO IF YOU MISS PILLS** Below, outlines the actions you should take if you miss one or more of your birth control pills. Match the number of pills missed with the appropriate starting time for your type of pill pack.

**SUNDAY START AND OTHER THAN SUNDAY START MISS 1 PILL** Take it as soon as you remember, and take the next pill at the usual time. This means that you might take 2 pills in one day.

**SUNDAY START AND OTHER THAN SUNDAY START MISS 2 PILLS IN A ROW**

**First 2 Weeks** 1. Take 2 pills the day you remember and 2 pills the next day. 2. Then take 1 pill a day until you finish the pack. 3. Use a back-up method of birth control if you have sex in the 7 days after you miss the pills. 4. You may not have a period this month. **IF YOU MISS 2 PERIODS IN A ROW, CALL YOUR DOCTOR OR CLINIC.**

**Third Week: OTHER THAN SUNDAY START** 1. Safely dispose of the rest of the pill pack and start a new pack that same day. 2 Use a back-up method of birth control if you have sex in the 7 days after you miss the pills. 3. you may not have a period this month. **IF YOU MISS 2 PERIODS IN A ROW, CALL YOUR DOCTOR OR CLINIC.**

**MISS 3 OR MORE PILLS IN A ROW - Anytime in the Cycle: SUNDAY START** 1. Keep taking 1 pill a day until Sunday. 2. On Sunday, safely discard the rest of the pack and start a new pack that day. 3. Use a back-up method of birth control if you have sex in the 7 days after you miss the pills. 4. You may not have a period this month. **IF YOU MISS 2 PERIODS IN A ROW, CALL YOUR DOCTOR OR CLINIC.** Anytime in the Cycle: **OTHER THAN SUNDAY START** 1. Safely dispose of the rest of the pill pack and start a new pack that same day. 2. Use a back-up method of birth control if you have sex in the 7 days after you miss the pills. 3. You may not have a period this month. **IF YOU MISS 2 PERIODS IN A ROW, CALL YOUR DOCTOR OR CLINIC.** Note: **28-DAY PACK:** If you forget any of the seven "reminder" pills (without hormones) in Week 4, just safely dispose of the pills you missed. Then keep taking one pill each day until the pack is empty. You do not need to use a back-up method. Always be sure you have on hand: a back-up method of birth control (such as latex condoms and spermicidal foam or gel) in case you miss pills, and an extra, full pack of pills. **IF YOU FORGET MORE THAN ONE PILL TWO MONTHS IN A ROW, TALK TO YOUR DOCTOR OR CLINIC** about ways to make pill-taking easier or about using another method of birth control.

**Availability** ORTHO-CEPT® Tablets 21-Day: 21 orange tablets; each orange tablet contains 0.15 mg desogestrel and 0.03 mg ethinyl estradiol. ORTHO-CEPT® Tablet 28-Day: 21 orange tablets and 7 green tablets; each orange tablet contains 0.15 mg desogestrel and 0.03 mg ethinyl estradiol and, each green tablet contains inactive ingredients. ORTHO-CEPT® Tablets are available in 21-day and 28-day DIALPAK® Tablet Dispenser Units and Refill Packages.

**STORAGE RECOMMENDATIONS** Store between 15°C (59°F) - 30°C (86°F). Leave contents in protective package until time of use.

**References:** 1. Bilotta P, Favilli S. Clinical Evaluation Of A Monophasic Ethinyl Estradiol/Desogestrel Containing Oral Contraceptive. *Arzneim-Forsch/Drug Res.* 1988. 33(11):7-932-934. 2. Ortho-McNeil Inc. ORTHO-CEPT® Tablets Product Monograph. 1993. 3. Dickey RP. Managing Contraceptive Pill Patients. 7th Edition. 1993:134-135. 4. Walling M. A multicenter efficacy and safety study of an oral contraceptive containing 150µg Desogestrel and 30 µg Ethinyl Estradiol. *Contraception* 1992;46:313-326.



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