Birth control pills

Don’t always do the job...

...only 1 of 3 Navy enlisted women say her last pregnancy was planned

...and about 1 of 3 who had an unplanned pregnancy were using contraception at the time she became pregnant

...and most of these women were using birth control pills

But can be very reliable...

Take the pill at the same time every day!

Missed 1 pill - make it up!

Missed 2 pills - back it up!

Mark your calendar to pick up your refill!

Call your doctor - there are different instructions for different pills

Pack your pills. Always carry them with you.

Use back-up birth control for the rest of that cycle

Want more reliable birth control?

Ask about the IUD or implant

Learn More

photos: bedsider.org

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