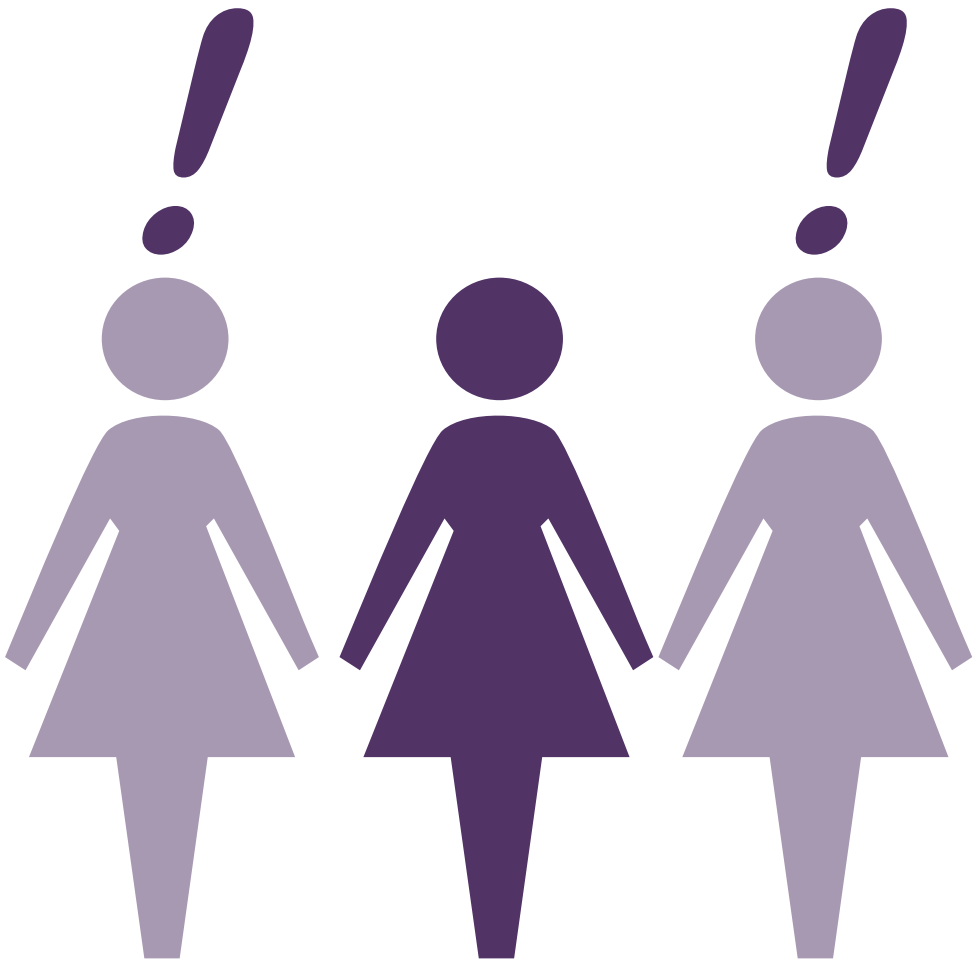


# Birth control pills

## 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

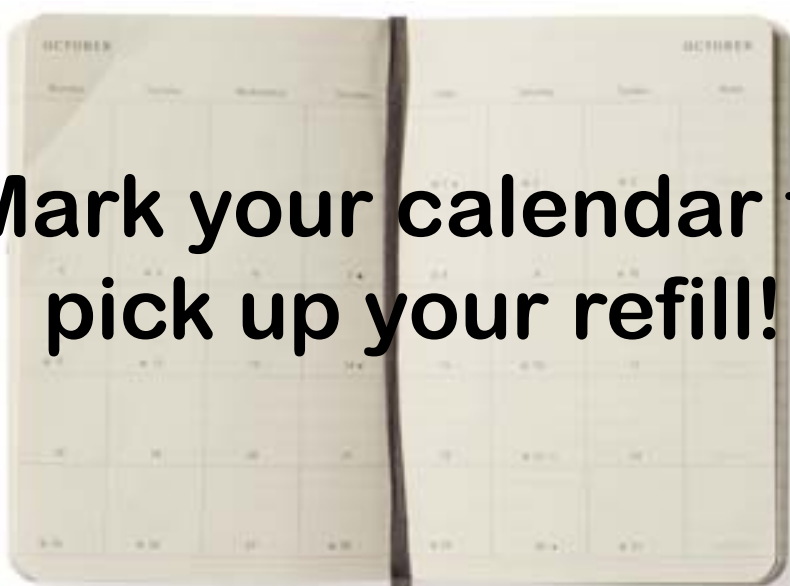


...and most of these  
women were using  
birth control pills

## But can be very reliable...

Take the pill at the  
same time every day!

Mark your calendar to  
pick up your refill!



Pack your pills.  
Always carry them  
with you.

Learn More



October 2013

photos: [bedsider.org](http://bedsider.org)

Missed 1 pill - make it up!

Missed 2 pills - back it up!



Call your doctor -  
there are different  
instructions for  
different pills



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

Want more  
reliable birth  
control?

Ask about the  
IUD or implant



**NAVY AND MARINE CORPS  
PUBLIC HEALTH CENTER**

PREVENTION AND PROTECTION START HERE