

## Patient information

# Progestogen only pill – information for you

The progestogen only pill contains the hormone progestogen, but doesn't contain oestrogen. Progestogen is similar to the natural progesterone hormone produced by the ovaries. An example of the progestogen only pill is Desogestral 75mcg.

### How effective is the progestogen only pill?

It is over 99% effective if taken correctly. The pill is less effective if pills are missed.

### How does the progestogen only pill work?

The main way it works is to stop your ovaries releasing an egg each month (ovulation). It also thickens the mucus from your cervix making it difficult for sperm to reach an egg.

### How is the progestogen only pill taken?

You take a pill every day, with no break in between packets.

### What are the advantages of the progestogen only pill?

- It is suitable for use following childbirth
- You can use it if you're breast feeding
- It can be used by women who can't use contraception that contains oestrogen

## What are the disadvantages of the progesterone only pill?

- Your periods may change. Many pill users notice that their periods are irregular. Some notice that they have more bleeding than usual; others notice that their periods stop completely.
- The pill doesn't protect against sexually transmitted infections.
- If you are sick (vomit) or have severe diarrhoea the pill may not work.

## Where can I get further information?

We advise you to keep the patient information leaflet that comes in your pill packet. This contains useful information on what to do if you miss a pill, or if you experience vomiting or diarrhoea whilst using the pill for contraception.

The family planning association has information on contraception and sexual health on their website [www.fpa.org.uk/](http://www.fpa.org.uk/).

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

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