What is the mini pill? Most birth control pills contain the hormones estrogen and progestin, a human-made form of progesterone. The mini pill contains only progestin.

How does the mini pill work? Mini pills interfere with ovulation and trick your body into thinking it’s already pregnant — because eggs aren’t usually released during pregnancy. But mini pills don’t always stop ovulation, so they also have a backup plan. They also make the uterine wall thinner. This is so if the ovaries do release an egg and sperm does get to the egg, the thinner uterus wall can’t support a pregnancy. Progestin also kills sperm so it can’t travel to the egg.

The mini pill has other benefits aside from contraception:
- Helps reduce acne breakouts
- Makes your menstrual periods more regular, lighter and less painful
- Acne
- Bleeding between periods
- Change in weight
- Headaches

Your HCP might agree that the mini pill is right for you if you:
- Have had blood clots or clots in the lungs
- Have had many of the above side effects from progestin-only pills
- Are over 35 and smoke
- Have high blood pressure
- Have migraine disease
- Have had breast cancer or liver disease

People who shouldn’t take the mini pill include those who:
- Have had breast cancer or liver disease
- Have unexplained uterine bleeding

To help the mini pill be as effective as possible, here are some things to remember:
1. Take a month to work. Use an additional barrier method of contraception, like a condom.
2. You must take the mini pill at the same time every day for it to work.
3. If you miss a dose, you need to use a backup method until your next period.

What does the mini pill not do?
- Guarantee 100% protection against pregnancy. About 10% of people using mini pills get pregnant.
- Protect you from sexually transmitted infections (STIs).
- If you are in a situation where you could contract an STI, like syphilis or HIV, you must use a barrier contraceptive method.

The mini pill has other benefits aside from contraception.

Like all medications, the mini pill has some risks or side effects.
- Increased hair growth
- Nausea
- Sore breasts

But mini pills don’t always stop ovulation, so they also have a backup plan:
- Make the uterine wall thinner. So if your ovaries do release an egg and sperm does get to the egg, the thinner uterus wall can’t support a pregnancy. Progestin also kills sperm so it can’t travel to the egg.

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When picking up your prescription:
- Ask your pharmacist when you should start taking the pill (at what point during your cycle).
- Ask what medication you might use that could interfere with the pill’s effectiveness. Some medications, like certain antibiotics, can affect how well the pill works.