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## Birth control pills

Sources: [www.sundhed.dk](http://www.sundhed.dk)

<https://www.sundhed.dk/borger/patienthaandbogen/kvindesygdomme/sygdomme/praevention/p-piller/>

### Facts

- **Birth control pills are frequently used and safe contraception**
- Birth control pills:
  - prevents ovulation
  - makes the lining of the uterus less susceptible to a fertilized egg
  - changes the mucus in the cervix so that it becomes more difficult for the sperm to penetrate to the uterus

### This is how birth control pills work

- Birth control pills prevent ovulation
- The lining of the uterus becomes less susceptible to a fertilized egg
- The mucus in the cervix becomes more difficult for the sperm to penetrate

### Benefits of birth control pills

- is a very safe contraception when used properly
- is easy to use
- causes regular and relatively minor bleeding
- make menstrual cramps less severe or eliminate them completely
- can be used to delay menstruation
- with long-term use, you reduce your risk of developing cancer of the ovaries and uterine lining, but at the same time an increased risk of cancer of the cervix.

### Disadvantages of birth control pills

- does not protect against sexually transmitted diseases
- may cause decreased sex drive
- may cause mood swings
- may aggravate migraine. Some people get more headaches in the first few months after starting birth control pills. But the headache disappears in the vast majority. It rarely helps to switch to another type of birth control pill
- there is an increased risk of breast cancer when using contraception with hormones such as birth control pills, IUDs, mini-pills, birth control patches and birth control rings in the order of 13 extra cases of breast cancer per 100,000 women each year
- Birth control pills increase the risk of blood clots - especially in the calves:

Birth control pills should therefore not be given to women who have had a blood clot in their calves or lungs

Birth control pills should not be used if it is confirmed that there is a hereditary tendency to blood clots or a suspected hereditary tendency to get blood clots

The risk of blood clots is higher for some of the new types of birth control pills. 2nd generation birth control pills have the least risk



**Due to the risk of blood clots, birth control pills are generally not recommended for women who smoke and are over 35 years old**

- Before major surgery, stop taking birth control pills 2 weeks before surgery
- For minor operations lasting less than 30 minutes, and where you are quickly out of bed after the procedure, you do not need to take a break with birth control pills
- When breastfeeding, regular birth control pills, which contain both estrogen and progestogen, can cause milk production to decrease for a short time. After a few days, the amount of milk increases again. You may use birth control pills while breastfeeding

**Generally about birth control pills**

- It has not been proven that you take on as a side effect of taking some of the birth control pills that are on the market. But some girls think they gain a few pounds
- Some women get bigger breasts when they use birth control pills due to the hormone estrogen
- You should take the birth control pills at a fairly fixed time once a day. If you forget a pill, e.g. in the evening, you can take the next morning.

If there are more than 36 hours between the pills, you should also use other contraception

If you vomit or have diarrhea right after taking the pill, too little medicine may be absorbed in the intestine. It can trigger ovulation. In these situations, you should continue to take the pills, but make sure you use a condom in addition to the pills until the next period.