

Birth control and you: timing is everything

- › Birth control pills are used to prevent unwanted pregnancy and are highly effective when taken exactly as directed
- › The birth control medication that you have been prescribed may contain a combination of 2 hormones: estrogen and progesterone
- › Your risk of becoming pregnant increases if you miss taking your medication at any time—here are some tips to help you remember:
 - 1 **Incorporate into your daily routine,** such as after brushing your teeth at night
 - 2 **Send yourself a reminder** by programming your smart phone

Are you missing something?

- › Taking birth control pills can reduce the vitamin and nutrient levels in your body¹
- › One of the vitamins affected is folic acid, a member of the Vitamin B family which is needed to support your metabolism and maintain healthy skin, hair and muscle tone
- › B Vitamins are available in supplement form—talk to your pharmacist about whether taking a supplement is recommended for you

For great tips and helpful resources, visit www.sexualityandu.ca. And remember, your pharmacist is always here to help you with any questions or concerns you may have.