

How to take the oral contraceptive pill continuously / 365 pill taking

- Start the first pack on day 1 of your period and take the full pack of tablets
- Go directly onto the 2nd pack without a break (omitting any placebo or dummy pills) if there is any
- Continue to take the pill every day
- There is no need to take a break unless you want to
- You may experience some spotting particularly in the first few packs- this is normal and does not mean that the pill isn't working
- If you get persistent troublesome bleeding during the 2nd pack or at any time later, you can stop the pill for 4 days and then restart again. This should settle the bleeding.
- Your contraceptive cover is in place from day 1
- Stopping the pill for up to 4 days during continuous pill taking does not affect your contraceptive cover (as long as you have completed at least 1 full pack initially)

The positives

- Good contraceptive cover
- You can decide when you have your period, if you decide to have it at all
- It can help people who have long, heavy, or painful periods
- Not having a monthly period can help with anemia or endometriosis

The negatives

- Some people experience spotting especially in the beginning. This usually stops over time as your body gets used to the change
- Some people will get spotting after a few months. In this case they can take a four-day break from the pill to reset

Q & A

1. Isn't it bad for my body not to have a period every month

No. People often think that if they are taking the OCP continuously they need to "take a break" every few months to have a period. In fact, you don't need to stop the pills unless you want to, or you are using a 4-day break to relieve troublesome bleeding

2. Getting my period each month lets me know I'm not pregnant – how will I know now

The period you have on the pill is actually a withdrawal bleed and is not the same as a regular period. A pregnancy test is the only reliable way to rule out pregnancy whether you are taking the pill monthly or continuously

3. Will taking my pill continuously affect my fertility

No. as soon as you stop taking the pill your fertility returns to your normal