

INSTRUCTIONS FOR TAKING BIRTH CONTROL PILLS CONTINUOUSLY

To avoid monthly bleeding and other associated problems

(Pain/Cramps, PMS, Headaches, etc...)

Take one active hormone containing pill approximately same time each day continuously (do NOT take the placebo tablets/do NOT take the usual 7 day break)

If bothersome bleeding or persistent spotting occurs, STOP the hormone containing pills for 3 days and restart.

3 x 3 RULE OF CONTINUOUS PILL TAKING:

- Never take more than a 3 day break. Don't take a break from the pills unless you want to have a period or have bleeding that bothers you.
- Always take a minimum of 3 WEEKS of hormone containing pills before taking a break. There is NO maximum number of weeks. You can take as many weeks or months in a row as you like.