



GyneMedic

Obstetrics & Gynecology

Birth Control Pills

Birth control pills are medications that prevent pregnancy. They can also be used to reduce menstrual cramps and heavy bleeding. They work to prevent pregnancy by preventing ovulation – the release of eggs from the ovary. Birth control pills are hormonal preparations that may contain combinations of the hormones estrogen and progestin or progestin alone. The most common side-effects of birth control pill use are nausea, breast tenderness, and bleeding between periods. These side-effects often subside after a few months' use. It is important to remember that the birth control pill does not protect against sexually transmitted infections. Most women can use birth control pills safely. Please talk to your provider about the right birth control for you.