

PROGESTIN-ONLY PILLS (POPS)

Progestin only pills (or POPS) are a type of birth control pills that can be used to prevent pregnancy. There are three types of POPS, all of which are taken once a day and are very effective at preventing pregnancy. Look at the table below to learn more about the differences between the types of POPS.

TYPES OF POPS:

| | Drospirenone 3mg (Slynd) | Norethindrone 0.35mg (Micronor, Emzahh, Errin, Heather, Jencycla, etc.) | Norgestrel 0.075mg (Opill) |
|-----------------------------|---|--|--|
| Do you need a prescription? | Yes | Yes | No - now available over-the-counter. |
| How is it taken? | One pill every day by mouth | One pill by mouth every day at the same time If >3 hours late, a back-up birth control method is recommended. | One pill by mouth every day at the same time If >3 hours late, a back-up birth control method is recommended. |
| Impact on bleeding: | Can have regular cycles | May have regular cycles, no cycles, or break through bleeding | May have regular cycles, no cycles, or break through bleeding |
| Cost and Coverage: | Some insurers may cover with no copay. Some may not. Patient savings program available for eligible patients without insurance coverage. | Most insurers cover with no copay. Average out-of-pocket cost for one month (with savings card, not using insurance): \$8-16 <i>*Still need a prescription when paying out-of-pocket</i> | Coverage varies by insurer and state. Average out-of-pocket cost: 1 month: \$19.99 3 month: \$49.99 Cost assistance program available to eligible people. |

POPs are very safe and effective at preventing pregnancy. POPs are the most effective when taken every day at the same time. POPs do not prevent STDs. Using condoms with POPs can prevent STDs and provide additional pregnancy prevention.

WHO CAN USE POPs?

- ❑ There are no age limits for taking POPs.
- ❑ You can take progestin-only pills if you are breast-feeding your baby.
- ❑ You can take progestin-only pills if you smoke (it is recommended that you stop smoking).
- ❑ You can take progestin-only pills if you have a history of migraines, high blood pressure, diabetes, and many other more common health conditions.

IS THERE ANYONE WHO SHOULD NOT USE POPs?

- ❑ You should not use the progestin-only birth control pills if:
 - o You have or ever had breast cancer
 - o You are pregnant
 - o You have liver disease (hepatitis), liver tumors, or your eyes look yellow

KEY RESOURCES

- ❑ [CDC US Selected Practice Recommendations for Contraceptive Use, 2016: Progestin-Only Pills](#)
- ❑ [Reproductive Health Access Project: Progestin-Only Pill User Guide](#)
- ❑ [Reproductive Health Access Project: Progestin-Only Options Fact Sheet](#)
- ❑ [Opill Consumer Information Leaflet](#)