

Title:

A Guide on Coming Off Birth Control

Word Count:

522

Summary:

Birth control pills are among the most effective means to prevent unplanned pregnancies. However,

Keywords:

coming off birth control

Article Body:

Using birth control methods for safe sex and to protect yourself from unplanned parenthood is

1. Complete your current cycle.

According to Frank Chervenak, MD, chairman of the Obstetrics and Gynecology Department at Cornell

2. Stop pill intake at least two or three months before you plan to conceive.

This allows your body to resume its natural hormonal cycle without help from the pill. It also

3. Use a barrier method after getting off the pill prior to the time you want to conceive.

Although this may seem nonsense after getting off the pill, it is advisable to use an alternative

4. Discontinue habits that can affect your ability to conceive.

Habits such as smoking, drinking, and taking in too much caffeine can affect your ability to c

5. Take folic acid supplements and fertility medication.

Folic acid prevents defects during the early development of your baby. Since it's hard to be s

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