

Title:

A Guide on Switching Birth Control Pills

Word Count:

495

Summary:

Birth control pills are one of the most common methods of contraception aside from condoms. Ho

1. Discuss plans to switch pills with your gyne.

Your gynecologist is your primary ally in your quest for better sexual health. Discuss the eff

2. Continue taking your old pill while waiting for the go-signal to switch.

When your gyne warned you about stopping and switching to another pill during the middle of yo

3. Take your placebo or inactive pills while waiting.

Birth control pills are usually on 21-day cycles with 7 days of free-pill days before you star

4. Use additional birth control method.

Pills need 7 days in your system to be fully effective in preventing pregnancies. So after sta

5. Give your body time to adjust.

Allow yourself a few cycles of using the new pill before deciding whether it is suitable for y

Keywords:

switching birth control pills

Article Body:

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