

**Patient Information for Informed Consent:
COMBINED ORAL CONTRACEPTIVES
(BIRTH CONTROL PILLS, “The Pill”)**

Before you start taking the Pill, be sure you understand both the benefits and the possible problems of using combined oral contraceptives (COCs or the Pill). This fact sheet also lists the danger signs you should watch for. If you have any questions as you read we will be happy to talk about them with you.

You will get written information explaining the use, effectiveness, and medically recognized benefits and risks of the available birth control methods and devices and you will also get the FDA-approved information provided by the Pill manufacturer. You should read these and ask questions about anything you do not understand.

Combined Oral Contraceptive pills contain the hormones estrogen and progesterone, similar to hormones produced by a woman’s body. They primarily work to prevent pregnancy by keeping eggs from being release by the ovaries. You should not take the pill if you have reason to think you might be pregnant. For every 100 women who use COCs, fewer than 5 will get pregnant the first year.

In addition to its value as a method of birth control, most women will have the following benefits from using the Pill:

- predictable, regular menstrual cycles;
- decreased menstrual cramps and blood loss;
- less iron deficiency anemia;
- less acne;
- some protection form non-cancerous breast tumors and ovarian cysts;
- some protection from ovarian and uterine lining cancer;
- decreased risk of infections of the pelvis (PID);
- fewer ectopic pregnancies.

There may be less protection form pregnancy when the Pill is taken with certain drugs, especially those used to control seizures. You should talk to your clinician about what to do if you take any other medicine with the Pill. If you see a health care provider for any reason, you should tell them you are taking the Pill.

Pill users have a slightly greater chance than non-users of developing certain serious problems that may cause death in rare cases, including:

- blood clots in the legs that can travel to the lungs;
- stroke;
- heart attack;
- liver tumor.

The chances of developing serious health problems increase with age over 35 years old, and when certain other health risk factors are present, such as:

- smoking more than 15 cigarettes a day;
- high blood pressure;
- high levels of blood cholesterol or fat;
- diabetes.

You should not use the Pill if you have had, now have, or develop in the future:

- blood clots in the veins or arteries;
- serious liver disease;
- a heart attack or certain types of stroke;
- cancer of the breast, uterus, or liver.

ADDITIONAL WARNINGS specific about the Birth Control Pill YASMIN

You should not take the birth control pill YASMIN if have had, now have, or develop in the future, diseases of the kidneys, liver or adrenal glands.

YASMIN is different from other birth control pills because it contains the progestin drospirenone. Drospirenone may increase potassium levels and this could cause serious heart and health problems.

If you are currently on daily, long-term treatment for a chronic condition with any of the medications below, be sure to tell your clinician before using YASMIN:

- NSAIDs (ibuprofen [Motrin, Advil], naprosyn [Aleve, and others])
- Potassium-sparing diuretics (spironolactone and others)
- Potassium supplementation
- ACE inhibitors (Capoten, Vasotec, Zestril, and others)
- Angiotensin-II receptor antagonists (Cozaar, Diovan, Avapro and others)

You may need special tests if you have certain medical conditions that could get worse while using the Pill. The risk to life and health is greater from pregnancy than from Pill use. Only for women age 35 or older who smokes more than 15 cigarettes per day or who has certain other medical conditions does the Pill carry a higher risk than pregnancy.

Minor reactions to the Pill may include:

- nausea, vomiting;
- breast tenderness;

- weight gain or loss;
- spotting between periods.

You should watch for the following Pill danger signals and report any to a clinician immediately:

- sharp or crushing chest pain or coughing blood;
- shortness of breath;
- unusual swelling or pain in the legs or arms;
- sudden severe headaches;
- eye problems such as blurred or double vision or loss of vision;
- severe pain in the stomach or abdomen;
- yellowing of the skin or eyes;
- severe depression;
- unusually heavy bleeding from vagina;
- new lump in your breast;
- no period after having a period every month.

Using the Pill does not protect against sexually transmitted infections. Severe infection could cause sterility. If you or your partner have other sexual partners, you also should use latex condoms to prevent infections, even though you are using the Pill.

Regular physical examinations for routine health care and for screening for sexually transmitted infections and for cancer are strongly recommended.