


Hormonal Methods: The Pill

Birth Control Guide for People With CF

BIRTH CONTROL PILLS (ALSO KNOWN AS “THE PILL”)

Birth control pills are a pill that you take each day. If you do not take the pill at the same time each day, or if you miss doses, it may be less effective. To remember your pill, try setting an alarm or using a birth control reminder app. Keep your pills somewhere that will remind you to take them.

HOW WELL DOES IT WORK?	PERFECT USE	COMMON USE
<p>The Pill</p> 	99%	91%

COMBINATION PILLS

These are also known as combined oral contraception pills, “COCs,” or “CHCs.” These pills have both progestin and estrogen. This type is the most common birth control pill.

COCs may help improve acne, reduce body hair (such as on the face or chest), prevent bone thinning, and reduce your risk of some types of cancer. Some people also take COCs to help with irregular periods or heavy bleeding.

PROGESTIN-ONLY PILLS

These are also known as “mini pills” or “POPs.” These pills only contain progestin. Mainly people use this type if they cannot use or do not tolerate birth control that has estrogen.¹ Most birth control pills need a prescription.

One POP currently available does not need a prescription. You can buy this over the counter at a drugstore. This is called **norgestrel (Opill®)**.

REFERENCES

1. Contraception. cdc.gov. Updated Aug. 6, 2024. <https://www.cdc.gov/contraception/about/index.html>

This information meets the guidelines and standards of the Cystic Fibrosis Foundation’s Education Committee.