

Education Materials on Oral Contraception (OCP) for Patients with Low-Literacy

Document:

How to start taking birth control pills - English

How to start taking birth control pills – Spanish

About side effects - English

About side effects - Spanish

What happens if you miss your birth control pills? - English

What happens if you miss your birth control pills? - Spanish

Resource Description:

As described in the QFP¹ “(e)ducational materials should be provided that are clear and easy to understand” and “need to be presented in a format that is clear and easy to interpret by clients with a 4th to 6th grade reading level.”^{2,3,4} A study in one public health clinic found while 93% of OCP users understood what to do when they missed one pill, the percentage dropped to 19% when two pills were missed, and 13% for three.⁵

Because of the popularity of pill use in the U.S.⁶ and the complexity of missed pills instructions, these patient education materials were developed and tested with family planning clients in Title X clinics.⁷

Suggestions for Using the Patient Education Materials

Use the materials interactively with your clients. Point out the messages as you go over them. The materials use lots of white space to make it easier to read and understand the information, but you can also use the white space to tailor the information for that client. Here’s an example:

¹ Gavin, L., Moskosky, S., Carter, M., et al. Providing Quality Family Planning Services: Recommendations of CDC and the U. S. Office of Population Affairs. MMWR Recomm Rep. 2014; 63: 1-54, Appendix E.

² Centers for Medicare and Medicaid Services. Toolkit for making written material clear and effective. Baltimore, MD: Centers for Medicare and Medicaid Services; 2011.

³ US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Health literacy online: A guide to writing and designing easy-to-use health Web sites. Washington, DC: US Department of Health and Human Services; 2010.

⁴ DeWalt D, Callahan L, Hawk V, et al. Health literacy universal precautions toolkit. AHRQ Publication No. 10–0046-EF. Rockville, MD: Agency for Healthcare Research and Quality; 2010.

⁵ Davis, TC, Fredrickson, DD, Potter, L, Brouillette, R, Boccini, AC, Williams, MV, Parker, RM. Patient understanding and use of oral contraceptive pills in a southern public health family planning clinic. Southern Medical Journal 2006; 99(7): 713-718.

⁶ http://www.guttmacher.org/pubs/fb_contr_use.html

⁷ <http://www.cardeaservices.org/ourwork/projects/health-literacy-project-oral-contraceptive-patient-education-materials>



Instructions for Printing the Materials: Handouts

Open the pdf of the 8x11 patient education materials on your computer and *enter your clinic's phone number in the box* that now has this: (111) 222-3333. Put your cursor in that box and type in your number. (You can't save this number in the pdf, so you will have to enter it each time you print more.) Then, print as many copies as you need at any one time.

You can print them double sided so you can have English on one side and Spanish on the other. Or you can print "How to Start" on one side, and "Missed Pills" on the other, in the same language. "Side Effects" is already 2 pages, so printing that double sided would be best.

The pdfs are designed to print in black and white as well as in color, so you can use them even if you don't have a color printer. However, it is best to print them directly from the pdf on your computer, rather than photocopying them. The illustrations will not be as clear in a photocopy.

Instructions for Printing the Materials: Posters

The pdfs for the 8 x 11 factsheets can be printed in poster size by any online printing service. Give the printing service the link to the factsheet pdf you want, and they can print as many as you need, in a variety of sizes. There is no need to change any aspect of the pdf—but be sure you give the printing service your clinic phone number so they can type it in before they print.

Type:

Patient education materials

CE Offered:

No

How to start taking birth control pills.

There are three ways to start the pill. Your nurse or doctor will help you decide which way is best for you.



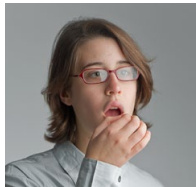
First Day Start



Take the first pill in the pack within the first five days of beginning menstrual bleeding.



Quick Start



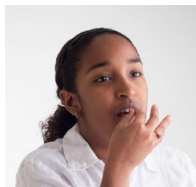
Take the first pill in the pack today.



Use condoms or do not have sex for **7** days after you start.



Sunday Start



Take the first pill in the pack on the first Sunday after you start bleeding.



If your bleeding starts on Sunday, that is the first Sunday. Take your pills that day.



Use condoms or do not have sex for **7** days after you start.

For all three start types—Quick Start, First Day Start, and Sunday Start—

After your first pill:

- Take one pill every day.
- Take your pill at the same time every day.
- Be careful not to skip pills.



Questions?
Call your clinic at

(111) 222-3333

Cómo empezar a tomar la píldora anticonceptiva.

Hay tres maneras de empezar a tomar la píldora. Su enfermera o doctor le ayudará a decidir la que es mejor para usted.



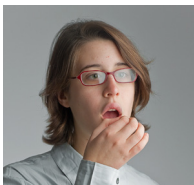
Inicio en el primer día



Tome la primera píldora del paquete el primer día de sangrado de su próxima menstruación.



Inicio rápido



Tome la primera píldora del paquete hoy.



Use condones o no tenga relaciones sexuales durante **7** días después de empezar a tomarlas.



Inicio en domingo



Tome la primera píldora del paquete el primer domingo después de comenzar con el sangrado.



Si su sangrado empezó un domingo, éste se considera como el primer domingo. Tome su primera píldora ese día.



Use condones o no tenga relaciones sexuales durante **7** días después de empezar a tomarlas.

Para cualquiera de los tres tipos de inicio—inicio rápido, inicio en el primer día o inicio en domingo—

Después de su primera píldora

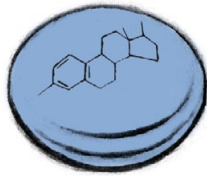
- Tome una píldora todos los días
- Tome su pastilla a la misma hora todos los días
- Tenga cuidado de que no se le olvide tomar ninguna píldora



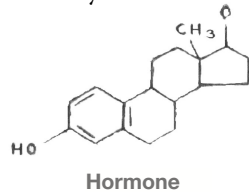
¿Tiene preguntas?
Llame a su clínica

(111) 222-3333

About Side Effects



The pills you are taking have hormones (chemicals) that are like the ones your body makes naturally.



Taking these pills changes the amount of hormones in your body.



It might take a while to get used to the change.

Most people don't have side effects. These are the most common normal side effects

Mood swings



Feeling sick to your stomach



Bleeding or spotting between periods



Weight changes



Sore breasts



Things That Can Help

- Give your body 1 or 2 months to get used to the pill. These side effects usually don't last.

- Your pill might not be the reason you are feeling bad. For example, you may have a headache because you are getting the flu.



- You might have these side effects if you:
 - miss a pill
 - take more than one pill at a time
 - take them at different times of day

Try to take your pill every day, **at the same time**. Many women use their cell phone alarms as a reminder.

- If you are feeling sick to your stomach, try taking your pill after eating a meal.



- You can always call the clinic if something doesn't seem right or if you are worried. Your doctor or nurse may be able to change the kind of pill you are taking.

Always use condoms if you stop taking the pill!

If you stop taking the pill before you change to another kind of birth control, you might get pregnant.

Serious Side Effects

Call your clinic or doctor right away if you have:



(111) 222-3333



Very bad pain in the chest

Very bad leg pain

Very bad headache

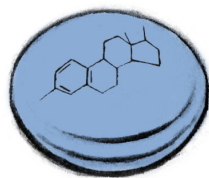
Very bad pain in the stomach

Eye problems
(blurry vision)

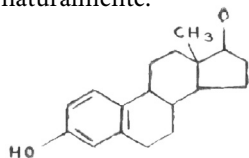


The pills you are taking have the same hormones that your body makes naturally.

Efectos secundarios



Las píldoras que está tomando tienen hormonas (sustancias químicas) que son similares a las que su cuerpo produce naturalmente.



Al tomar estas píldoras, la cantidad de hormonas que tiene en su cuerpo cambia.



Quizás demore un poco para acostumbrarse al cambio.

Los efectos secundarios normales más comunes

Cambio de humor



Malestares estomacales



Sangrado o manchitas de sangre entre un periodo menstrual y otro



Cambio de peso

Dolor en los senos



Cosas que pueden ayudar

- Su cuerpo puede demorar 1 ó 2 meses para acostumbrarse a la píldora. Estos efectos secundarios generalmente no duran mucho.

- Quizás el motivo de que se sienta mal no sea la píldora. Por ejemplo, puede ser que tenga dolor de cabeza porque se está por engripar.



- Usted puede llegar a tener estos efectos secundarios si:
 - se olvida de tomar una píldora
 - toma más de una píldora por vez
 - las toma a distintas horas del día

Intente tomar su píldora todos los días, **a la misma hora**. Muchas mujeres usan la alarma de su teléfono celular como recordatorio.



- Si siente malestar estomacal, intente tomar la píldora después de comer.

- Si le parece que algo no está bien o si está preocupada puede llamar a la clínica. Su doctor o enfermera quizás pueda cambiar el tipo de píldora que está tomando.

¡Use siempre un condón si deja de tomar la píldora !
Si deja de tomar la píldora antes de cambiar a otro tipo de método anticonceptivo, podría quedar embarazada.

Efectos secundarios graves

Llame a su clínica o doctor de inmediato si tiene:



(111) 222-3333



Dolor muy fuerte en el pecho

Dolor de pierna **muy fuerte**

Dolor de cabeza **muy fuerte**

Dolor **muy fuerte** en el estómago

Problemas con los ojos
(vista borrosa)



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What happens if you miss your birth control pills?

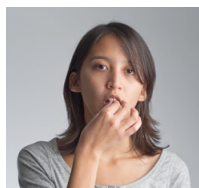
You could get pregnant.

You may have some bleeding between periods.

You may want to choose another kind of birth control if you miss your pills a lot.

What do you do if you miss pills?

If you miss 1 pill or you take it late



- Take the next pill at the usual time.

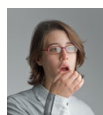
- Take the pill you missed now.



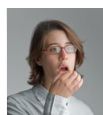
If you miss 2 or more pills



- Today,** take the **most recent** pill you missed. Discard any other missed pills.



Today



Tomorrow



Most Recent

- Tomorrow,** take the next pill at the usual time.

- Take the rest as usual.



- Use condoms or do not have sex for **7** days.

If you missed pills in the last week of hormonal pills (e.g., days 15-21 for 28-day pill packs), just finish the hormonal pills in the current pack, one a day, and start a new pack when you've taken them all.

If you can't start a new pack immediately, use a back-up method (e.g., condoms) or don't have sex until you've taken 7 days of pills from a new pack.

What can you do if you miss any pills and have had sex without a condom?



Ask right away about the emergency pills at your clinic or a pharmacy.

(111) 222-3333

¿Qué pasa si se olvida de tomar una píldora anticonceptiva?

Puede quedar embarazada.

Puede sangrar un poco entre un período menstrual y otro.

Si usted se olvida muy a menudo de tomar sus píldoras, le conviene escoger otro tipo de método anticonceptivo.

¿Qué debe hacer si se le olvidó tomar alguna píldora ?

Si se le olvidó 1 píldora



- 1 Tome ahora mismo la píldora que se le olvidó.



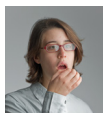
- 2 Tome la siguiente píldora a la hora que normalmente la toma.



Si se le olvidaron 2 píldoras



- 1 Hoy, tome la píldora **más reciente** que olvidó. Deseche las demás píldoras que haya olvidado.



- 2 Mañana, tome la siguiente píldora a la hora habitual.

Mañana



Más reciente

- 3 Tome el resto de su paquete de manera habitual.



- 4 Use condones o no tenga relaciones sexuales durante **7** días.

Si olvidó tomar píldoras anticonceptivas en la última semana (por ejemplo, los días 15-21 en un paquete de píldoras para 28 días), sólo termine el paquete actual tomando una píldora por día. Una vez lo haya terminado, empiece con el nuevo paquete.

Si no puede empezar un paquete de píldoras inmediatamente, utilice otro método de protección (por ejemplo, condones); o no tenga relaciones sexuales hasta que haya tomado 7 días del nuevo paquete de píldoras anticonceptivas.

¿Qué puede hacer si se olvidó alguna píldora y tuvo relaciones sexuales sin condón?



Pregunte de inmediato sobre la píldora de emergencia en su clínica o farmacia.

(111) 222-3333

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