

Contraception (The COCP)

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There are a number of options for contraception, including the Combined oral contraception pill (COCP) You have selected the COCP page, but we also offer the mini pill. First let's be sure you are on the right page by briefly comparing the two pills.

COCP

The COCP contains low doses of oestrogen and progestin hormones. These hormones are similar to the naturally occurring hormones that regulate the menstrual cycle. The COCP prevents ovulation, and is highly effective at preventing pregnancy. It is taken around the same time, every day for 21 days, and then, inactive sugar pills are taken for 7 days, simply to maintain the routine. This routine continues, until you decide to go "off the pill". The sugar pills can be replaced by active pills to prevent periods for several months.

The Mini Pill

This method contains only progestin, and works by preventing sperm from entering the uterus by thickening the mucus on the cervix. It may also prevent ovulation in some. Like the COCP, it is taken every day around the same time, but contains no inactive sugar pills. The mini-pill is selected for women who, for various reasons cannot take oestrogen. These reasons include negative side-effects to the COCP, breastfeeding, or having given birth within the last month. Also, smokers over 35 years old.

If you would like to switch page to The Mini-Pill, [Click Here.](#)

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