

# Opill® Counseling Guide

## for Healthcare Providers

This Counseling Guide is intended to support your discussions with patients or customers about Opill. Please review this in preparation to discuss current contraceptive options and to help determine the most appropriate form of birth control for each individual.

### How to talk about Opill

- Inform individuals that Opill is a progestin-only birth control pill (also known as a POP or mini pill) that is 98% effective at preventing pregnancy when taken as directed.<sup>1,2</sup>
- Explain that Opill works mainly by thickening the cervical mucus, which prevents sperm from reaching the egg, and that Opill also prevents the ovaries from releasing eggs in some cycles.<sup>1,3,4</sup>
- Remind them that Opill is NOT an emergency contraceptive and that Opill should not be taken to try to prevent pregnancy after unprotected sex because it will not work.<sup>1</sup>
- Remind individuals that, like other birth control pills, Opill does NOT protect against HIV/AIDS or other sexually transmitted infections (STIs) and advise using barrier methods, such as condoms, to protect against HIV/AIDS or other STIs.<sup>1</sup>

### Determining if Opill is an appropriate form of birth control for a patient or customer

- Prepare to discuss the effectiveness of common contraceptive methods.

Effectiveness (pregnancies per 100 women in 1 year) <sup>5</sup>	Methods <sup>5</sup>
<1	Implants, female sterilization, vasectomy, and intrauterine devices (IUDs)
4-7	Injectables, pills, patches, and rings
>13	Male or female condoms, diaphragms, spermicides, sponges, and withdrawal or fertility awareness—based methods

- Inform them that Opill is suitable for most people who can get pregnant but should not be used by those who have or ever had breast cancer; have a known or suspected pregnancy; are currently using another birth control pill, vaginal ring, patch, implant, injection, or IUD; are allergic to Opill or any of its ingredients; or are male.<sup>1</sup> For more detailed information, please refer to the Consumer Information Leaflet (CIL).<sup>6</sup>

### How should Opill be used?

- Opill can be started on any day of the menstrual cycle. If switching from another oral contraceptive, vaginal ring, or patch, advise individuals to start taking Opill the day after stopping the other method.<sup>6</sup>
  - Remind individuals that Opill starts working 48 hours after they take the first pill, so a condom or other barrier method should be used during the first 2 days (48 hours) after starting Opill to prevent pregnancy.<sup>6</sup>
  - If an emergency contraceptive has recently been used, please refer to the CIL for guidance.<sup>6</sup>
- Emphasize the importance of taking Opill at the same time every day and no later than 3 hours following the time of the previous day's dose.<sup>6</sup>

- Remind individuals that Opill has no placebo pills, so they should never skip their daily tablet nor take breaks between packs, even if they experience changes in their menstrual period.<sup>1</sup>
- Advise individuals to use a condom or other barrier method every time they have sex for the next 2 days (48 hours) if they:
  - Take a tablet more than 3 hours late.<sup>1</sup>
  - Miss a tablet on 1 or more days.<sup>1</sup>
  - Vomit or have severe diarrhea within 4 hours of taking a tablet.<sup>1</sup>
- Inform individuals that no health examinations or tests are needed to start Opill but that regular visits with a healthcare provider should continue for routine gynecologic care.<sup>6</sup>
- To help improve Opill adherence, you can recommend the following:
  - Choose a convenient time of day to take Opill, preferably linked to another daily task (eg, brushing teeth).<sup>6</sup>
  - Set an alarm on their smartphone and put reminders in visible places to take Opill at the same time every day.<sup>6</sup>
  - Buy a new pack of Opill before finishing their current pack.<sup>6</sup>

## What to expect when taking Opill

- Inform individuals about expected changes in menstrual periods when taking Opill, which may include variations in frequency, duration, and flow. Mention the possibility of spotting or bleeding between periods and that some individuals may stop having periods altogether while taking Opill.<sup>1</sup>
- Advise them to speak to a healthcare provider if they start to experience any of the following:
  - Repeated vaginal bleeding after sex.<sup>1</sup>
  - Periods that last more than 8 days or are unusually heavy.<sup>1</sup>
  - Migraines with aura (headaches that start with changes in vision) or worsening migraine headaches.<sup>1</sup>
  - Their period is late after missing any tablets in the last month.<sup>1</sup>
  - They have not had a period for 2 months or think they may be pregnant.<sup>1</sup>

## How can Opill be purchased?

- Inform individuals that Opill is available OTC with no age restriction at most retailers nationwide and online at Opill.com, with subscription options available.

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**Visit [OpillHCP.com](https://www.opillhcp.com) for additional information and resources.**

### ABBREVIATIONS

AIDS, acquired immunodeficiency syndrome; CIL, Consumer Information Leaflet; HIV, human immunodeficiency virus; IUD, intrauterine device; OTC, over the counter; POP, progestin-only pill; STI, sexually transmitted infection.

### REFERENCES

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