

如何服用避孕藥

(蜜無妊®30ED日日服 - 21粒黃色及7粒白色)

服藥前須知

- ◆ 如有下列情況或症狀，請通知醫生：
35歲以上的吸煙人士，產後不足六星期，母乳餵哺的母親，20年病歷以上的糖尿病患者或患有糖尿病性血管病/腎病/視網膜病/神經病；高血壓；血管病；肺栓塞/靜脈栓塞；偏頭痛；膽囊疾病；缺血性心臟病；中風的病歷；有併發症的心瓣病；乳癌；肝炎，肝硬化，肝腫瘤(腺瘤或肝癌)；服用抗羊癇症藥。
- ◆ 某些藥物可能影響避孕藥的功能，如抗生素等，服用其他藥物前請先通知醫生。

服用方法

- ◆ 在月經來潮的第一日開始服藥；請從藥包背後紅色部份，以當天星期幾選取相同日子的藥片。(例：如月經開始時是星期一，選取星期一的藥片)。
- ◆ 頭14天服藥期間，仍然繼續使用其他避孕方法如避孕套。
順著箭頭的方向，每天一片，直到整包藥服完止。
- ◆ 每天在相同的時間服藥，如早餐或晚餐後。
- ◆ 通常會在服用白色藥片期間開始行經。
- ◆ 服完一包藥片後，次日繼續服用新一包藥。即使這時仍有月經，亦要順著方向，繼續服用，每天一片。

忘記服藥方案

- ◆ 假如遲了服黃色藥片少於十二小時，可立刻補服及繼續依時服用當天的藥片。

- ◆ 假如遲了服藥(黃色藥片)多於十二小時(一粒或以上)，即時補服最後忘記服用的藥片，並將其他忘記服用的藥片棄掉，另緊記服食當日的藥片及繼續餘下的藥片。而行房時須加用其他的避孕方法，如避孕套到連續服用七粒黃色藥片。假如餘下的黃色藥片少於七粒，當完成黃色藥片後，直接服用新一藥包的黃色藥片，並將舊藥包的白色藥片棄掉。
- ◆ 假如遲了服白色藥片，只需按當日日子如常繼續，無須補服。

服藥疑難

- ◆ 假如在服食黃色藥片後兩小時內嘔吐，應從其他藥包取一片黃色藥片服用。
- ◆ 假如嘔吐或腹瀉多於二十四小時，你應該在可能情況下繼續服藥。
- ◆ 假如嘔吐或腹瀉持續多兩天或以上請遵照忘了服藥方案處理。
- ◆ 假如依照順序服藥，但月經不來，須向醫生求診或向健康指導員查詢。

副作用

- ◆ 通常在最初服藥的二至三星期，會有噁心、嘔吐。起初二至三個月體重亦可能增加(通常是五、六磅)；胸部有觸痛，不規則的陰道出血等。
- ◆ 如發現有持續的腿部、胸部或腹部痛、劇烈頭痛或嘔吐、頭暈、昏厥、四肢麻痺、有持續不正常的陰道出血或月經變化，應該立刻停藥並請醫生檢查。
- ◆ 請勿吸煙！吸煙會增加口服避孕藥所引起的心臟病及其他心血管病的危險。

若有任何疑問，請向醫生或護士查詢

以上資料由瑪麗醫院婦產科提供。




瑪麗醫院
Queen Mary Hospital

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INSTRUCTIONS TO TAKE ORAL CONTRACEPTIVE PILLS

(Microgynon® 30ED - 21 yellow & 7 white)

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INSTRUCTIONS TO TAKE ORAL CONTRACEPTIVE PILLS

(Microgynon® 30ED - 21 yellow & 7 white)

Prior to Taking the Pills

- ◆ Please tell your doctor if you have any of the following diseases / problems: More than 35 years old and chronic smoker; breast feeding; within 6 weeks postdelivery; diabetes for more than 20 years or with vascular complications / nephropathy / retinopathy / neuropathy; hypertension; vascular disease; deep venous thrombosis / pulmonary thrombosis; migraine; current gall-bladder disease; current or history of ischaemic heart disease; history of stroke; complicated valvular heart disease; breast cancer; active hepatitis, liver cirrhosis; liver tumours (adenoma or cancer); on anticonvulsants.
- ◆ Some medications such as antibiotics may affect the effectiveness of the pills. Please clarify with your doctor prior to taking other medications.

Method of Intake

- ◆ Take the first pill on Day 1 of your menstrual period (1st day of bleeding). Choose the pill from the red section, on the back of the pack, which corresponds to the day of the week. (e.g. "Mon" if your menstrual period begins on a Monday)

- ◆ Use extra contraceptive precaution (e.g. condom) for the first 14 days of pill taking.
- ◆ Take one pill daily according to the direction of the arrow on the package until it is finished.
- ◆ Take the pills at the same time each day, preferably after your breakfast or evening meal.
- ◆ You will be menstruating when you are taking the white pills.
- ◆ After you finish the first package, start the next package the following day. Please continue taking the pills even when you are still menstruating.

Missed Pills Management

- ◆ If you are less than 12 hours late in taking one yellow pill, just take the delayed pill at once and further pills as usual.
- ◆ If you are more than 12 hours late in taking one yellow pill (or more than one yellow pills), take the last missed pill straight away but discard other missed pills in the pack. Take further pills as usual and use extra contraceptive precautions e.g. condom until you have taken 7 yellow pills. If there are less than 7 yellow pills left in the pack after the missed or delayed pills, omit the white pills and start the next pack without a break.
- ◆ If you are late in taking one or more white pills, you can discard the missed pills and continue the rest of the pack.

Problem when you are taking pills

- ◆ If you vomit (for any reason) within 2 hours after taking a yellow (hormonal) pill, you should take an extra yellow pill from another pack.
- ◆ If you have severe vomiting or diarrhea for more than 24 hours, you should continue taking pills (if you can) despite your discomfort.
- ◆ If severe vomiting or diarrhea continues for 2 or more days, you should follow the procedures for missed pills.
- ◆ If you missed a period, then you should consult your doctor or health advisor.

Side effects

- ◆ In the first 2-3 weeks, you may experience nausea or vomiting. In the first 2-3 months, you may have weight gain (up to 5-6 pounds) and breast tenderness; irregular vaginal bleeding may also occur.
- ◆ Stop taking the pills and consult your doctor if you experience persistent leg, chest or abdominal pain, severe headache, vomiting, dizziness, fainting, numbness of limbs, unexpected vaginal bleeding or changes in your menstrual period.
- ◆ No smoking! Smoking can increase the risk of coronary heart disease and other cardiovascular disease.

Should you have any queries, please contact your doctor-in-charge

Information provided by Department of Obstetrics and Gynaecology, Queen Mary Hospital.