

Princeton Medical Group ObGyn

(609) 924-9300

Birth Control Pill Policy

The providers at Princeton Medical Group will provide you with a prescription for a year of oral contraceptives, unless you have a specific situation for which your provider needs to reassess your medical situation earlier than one year.

Please call your pharmacy to check your refill status prior to notifying us.

All refills will be electronically submitted for a 3 month supply with 3 refills.

If you are receiving 1 month with 11 refills, that is a decision by your insurance company that we can not control.

When you start your last week of pills, please assess your situation for the following pack.

Pills will be refilled during office hours.

You may contact us by phone or by the portal for refills but

please allow us 24 hours to complete your refill or pharmacy change request.

If your pharmacy is out of town, please leave us the pharmacy address, phone number and store number (if available) so that we can add your pharmacy to our computer system. This may take up to 48 hours.

If you call for refills and you are due for your annual exam, we will allow you one 3 month refill, until your scheduled appointment. This should give you ample time to come in for an exam or to find another provider if you have relocated. This policy is in place so that we can best assess your ongoing health needs.

Birth Control Pill Instructions

Start your first pack of pills on the Sunday after your period STARTS.

>You do not need to wait for your period to stop to begin the pill.

>This will set you up to always be starting a new pack on a Sunday.

>This will also help you to not have your period on the weekend going forward.

You must take the pills consistently every day to prevent ovulation, and thus, pregnancy.

Take the pill around the same time every day; evening is usually best.

You may have some breakthrough spotting/irregular bleeding during the first several packs of

pills — continue taking the pills, regardless of the bleeding.

If you miss a pill, take the missed pill as soon as you realize that you missed it (later that day, the next AM or at the same time as the next pill) And take that day's pill on time. This may mean that you take 2 pills at once.

If you miss or are late 2 or more times during a pack, use a condom until the end of that pack. Do not stop the pills.... Just keep taking the pills, even if you have breakthrough bleeding, and use a back-up method of contraception. You will be protected by the next pack.

If you are planning to skip a period for vacation or social purposes, skip the placebo pills (pills at the end of the pack) and go directly to the next pack. *Never skip active pills.*

Thank you for allowing us to provide your Gyn care.