

### **Combined oral contraceptive pill (the COC Pill)**

The combined oral contraceptive pill, commonly referred to as 'The Pill', is an oral contraceptive taken daily. It contains the hormones oestrogen and a progestogen. These hormones are similar to those naturally produced by the female body. The pill may help with acne or heavy periods. Pills rely on regular and consistent daily use to be effective. Many brands of the Pill are available which all have different types and doses of these two hormones.

### **Progestogen-only contraceptive pill (POP)**

The progestogen-only pill, sometimes referred to as 'The Mini-Pill', is an oral contraceptive taken daily. It contains a low dose of progestogen, similar to those naturally produced by the female body. The POP is helpful for postnatal and breastfeeding women trying to choose an appropriate contraception and can be used by most women, even if they have any significant health issues. Pills rely on regular and consistent daily use to be effective.