



Pill Taper

Oral Contraceptive Pill Taper for Abnormal Bleeding

Day #1 and #2:

Take 2 pills in the morning and 2 pills in the evening – approximately 12 hours apart

Day #3 and #4

Take 2 pills in the morning and 1 pill in the evening

Day #5 and #6

Take 1 pill in the morning and 1 pill in the evening

Day #7 and on

Take 1 pill daily, skip the placebo pills in the pack and go on to the second package of pills.

Take this package per usual directions

You should notice a difference in the amount of your flow in 24-48 hours. Taking more than one pill in a day can make you nauseated. Take a dose of the nausea medication given to you approximately 30 minutes prior to your pill dose if you do experience nausea and then six hours later as needed. If you have profuse red blood running down your legs, you feel lightheaded, dizzy, short of breath or chest pain, please go to the nearest emergency room.