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# Side Effects

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The general risk of side effects depends on the type and amounts of gestagen and / or estrogen they contain, as well as the associated pathologies that the users may present.



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## Most frequent effects

### Breakthrough bleeding

Breakthrough bleeding is common between expected periods. This usually resolves within the first 3 months of taking the pill.

If bleeding is profuse for 3 or more days -> contact a health professional



### Fluid retentions

Fluid retention may occur, especially around the breasts and hips.

### Tender breasts

They can cause breast enlargement or tenderness.

It is usually resolved in the first weeks.

### Changes in sexual desire

### Sickness

Taking the pill with food or at bedtime can help to reduce them.



If the nausea is severe or persists for more than 3 months, you have to seek medical assistance.

### Humor changes

Several studies suggest that they can increase the risk of depression or cause other emotional changes.

### Changes in vaginal discharge

They can cause an increase or decrease in vaginal lubrication

If vaginal dryness occurs, additional lubrication would be advisable during sexual intercourse.

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If you have any signs or symptoms that worry you or cause you discomfort, see a healthcare professional.

