

Birth Control Considerations

This guide can be used to help you have a conversation about birth control with your healthcare provider.

Consistency and Routine

- Sometimes life gets busy—do you ever worry about remembering to take a pill every day?
- Would you prefer taking birth control at home, receiving a shot every few months in the office, or would you rather choose a longer-term option with your doctor, such as an IUD or an implant?
- Do you have any goals around starting or growing your family? Are you thinking about trying to get pregnant sometime in the next year?

Pregnancy Prevention and General Health Questions

- Have you considered how effective each birth control method is and whether your health or medical conditions might affect your choice?
- Do you have any preferences about the hormones in your birth control, like how different progestins or estrogens might affect you?




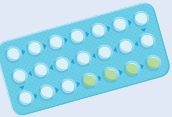


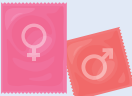
Bleeding Patterns

- How would you feel about changes to your menstrual cycle?

Some Medical History and Risk Considerations

- History of blood clots, stroke, or heart disease
- Breastfeeding or recent pregnancy
- High blood pressure
- Diabetes
- History of cancer (e.g., breast or reproductive)
- Smoking or vaping
- High BMI
- Bone health



	BIRTH CONTROL CATEGORY ¹	HORMONE(S) ¹	FREQUENCY OF USE ¹	SOME RISKS OR SIDE EFFECTS ¹ (This chart does not list all of the possible risks and side effects)
IN OFFICE	IMPLANT 	Progestin only	Every 3 years	Acne, headache, menstrual changes, mood swings or depressed mood, weight gain
	IUD 	Progestin only	Up to 8 years	Abdominal/pelvic pain, irregular bleeding, no periods
		Non-hormonal (Copper)	Up to 10 years	Cramps, heavier, longer periods, spotting between periods
	INJECTION 	Progestin only	Every 12 weeks	Abdominal discomfort, delay in fertility return, headache, irregular bleeding/bleeding between periods, loss of bone density, no periods, weight gain
AT HOME	PILL  Progestin only pill (POP) Consider: Slynd (drospirenone) tablets, 4mg	Progestin only	Daily	Acne, menstrual cramps, headache, nausea, breast pain and tenderness <i>See additional Important Risk Information below for Slynd</i>
		Combined oral contraceptive (COC)	Progestin + Estrogen	Daily
	PATCH 	Progestin + Estrogen	Weekly	Breast tenderness, headache, nausea, skin irritation, spotting/bleeding between periods, stomach pain
	RING 	Progestin + Estrogen	Monthly	Breast tenderness, headache, nausea, mood changes, vaginal discharge, vaginal discomfort, and mild irritation
	BARRIER METHOD 	Non-hormonal	Before intercourse	Allergic reactions, irritation, urinary tract infection

This summary of birth control methods is not comprehensive. Some types of birth control are better than others at preventing pregnancy. Each type of birth control has certain risks and side effects.

Reference: 1. FDA. Birth Control Guide. May 2024. 2. Slynd Prescribing Information.

Slynd does not protect against HIV infection (AIDS) and other sexually transmitted diseases (STDs).

What is Slynd?

SLYND is a birth control pill (oral contraceptive) that is used by females who can become pregnant to prevent pregnancy.

Important Risk Information

The progestin drospirenone may increase potassium levels in your blood. You should not take SLYND if you have kidney, liver or adrenal disease because this could cause serious heart problems as well as other health problems. Other medicines may also increase potassium levels in your blood. If you are currently on daily, long-term treatment for a chronic health condition with any of the medicines listed below, talk to your healthcare provider about whether SLYND is right for you. If you take any of the medicines listed below for a chronic health condition you should have a blood test to check the potassium

level in your blood before you start taking SLYND and during the first month that you take SLYND.

- medicines to treat fungal infections, such as ketoconazole, itraconazole, or voriconazole
- medicines to treat Human Immunodeficiency Virus (HIV) infection or Hepatitis C infection, such as indinavir or boceprevir
- clarithromycin

Please see additional Important Risk Information on the following page.

Slynd
(drospirenone) tablets, 4mg

Important Risk Information (cont'd)

Do not take SLYND if you:

- have kidney disease or kidney failure.
- have reduced adrenal gland function.
- have or have had cervical cancer or any cancer that is sensitive to female hormones.
- have liver disease, including liver tumors.
- have unexplained vaginal bleeding.

Tell your healthcare providers if you have or have had any of these conditions.

Your healthcare provider can suggest a different method of birth control.

If any of these conditions happen while you are taking SLYND, stop taking SLYND right away and talk to your healthcare provider. Use non-hormonal contraception when you stop taking SLYND.

Before you take SLYND, tell your healthcare provider about all of your medical conditions, including if you:

- are pregnant or think you may be pregnant.
- have ever had blood clots in your legs (deep vein thrombosis), lungs (pulmonary embolism), or a stroke or heart attack (myocardial infarction).
- have or have had depression.

Tell your healthcare providers about all the medicines you take including prescription and over-the-counter medicines, vitamins and herbal supplements, such as St. John's Wort. SLYND may affect the way other medicines work, and other medicines may affect how well SLYND works.

What are the possible serious side effects of SLYND?

SLYND may cause serious side effects, including:

- **High potassium levels in your blood (hyperkalemia).** Certain medicines and conditions can also increase the potassium levels in your blood. Your healthcare provider may check the potassium levels in your blood before and during treatment with SLYND. **Call your healthcare provider or go to a hospital emergency room right away if you have signs or symptoms of high potassium levels in your blood including:**
 - weakness or numbness in an arm or leg.
 - palpitations (feel like your heart is racing or fluttering) or irregular heartbeat.
 - nausea.
 - vomiting.
 - severe pain in your chest.
 - shortness of breath.

- **Blood clot forming in blood vessels.** Tell your healthcare provider if you have had a blood clot. Tell your healthcare provider if you plan to have surgery or are not able to be active due to illness or injury.

Call your healthcare provider or go to a hospital or emergency room right away if you have:

- leg pain that will not go away.
- a sudden, severe headache unlike your usual headaches.
- sudden, severe shortness of breath.
- sudden change in vision or blindness.
- chest pain.
- weakness or numbness in your arm or leg.
- trouble speaking.

- **Bone loss.**
- **Cervical Cancer.**
- **Liver problems, including liver tumors.**
- **Ectopic pregnancy (pregnancy in your tubes).** This is a medical emergency that often requires surgery. If you have severe abdominal pain, call your healthcare provider or go to a hospital emergency room right away.
- **Risk of high blood sugar levels in people with diabetes.**
- **Changes in menstrual bleeding.** Tell your doctor if you have changes in menstrual bleeding.
- **Depression, especially if you have had depression in the past**

What are the most common side effects of SLYND?

- acne
- headache
- breast pain and tenderness
- weight gain
- menstrual cramps
- nausea
- severe vaginal bleeding
- less sexual desire

These are not all the possible side effects of SLYND.

This is not all of the important information about SLYND.

Please [click here for Patient Information](#) for additional Important Risk Information.

Slynd®
(drospirenone) tablets, 4mg