

英文

How to use contraceptives

In general, there are 2 types of oral contraceptives, one is “Single-Phase”, and another is “Multi-Phase”.

1. Multi-Phase: contains both of estrogen and progestin.
2. Single-Phase: contains only progestin.

Mixed pill contains both of estrogen and progestin, in which:

1. With fixed dosage is called “Single-Phase”;
2. With various changes of 2 or 3 phases is called “Multi-Phase”.

Mechanism of Contraception

Oral contraceptive is a low-dose compound female estrogen, which functions as below:

1. Major function is to inhibit ovulation, and then will not get pregnant.
2. Change of endometrium is to interfere implantation.
3. Change of cervical mucus is to block sperm passing through.

Effectiveness

The ratio of failure is 0.1%.

Pros

1. Taking medication correctly, the effectiveness of success almost reaches 100%.
2. No need for precautions prior to sexual intercourse.
3. To regularize menstrual period, reduce menstrual bleeding, and relief of menstrual cramps pain as well.
4. Suitable for just-married couple and single women.

中文對照說明

如何使用避孕藥

口服避孕藥種類大致可區分單相混合型和多相混合型兩種。

1. 綜合型—含有雌激素(estrogen)與黃體素(progestin)兩種成份
2. 單一成份—只含有黃體素。

混合型藥丸是指每粒藥都由上述兩種成份混合而成；

1. 其中每粒藥物劑量固定者，稱之為單相型；
2. 另一種劑量呈二或三階段變化，稱為多相型。

避孕原理

口服避孕藥是低劑量人工合成的雌激素。

1. 主要的作用是抑制卵巢排卵，沒有卵子就不會受孕。
2. 改變子宮內膜，使不適於受精卵的著床。
3. 改變子宮頸黏液，使精蟲不易通過。

避孕效果

口服避孕藥的失敗率是 0.1%。

優點

1. 正確的服用，避孕效果幾乎可達百分之百。
2. 性交前不必再採取任何措施。
3. 使月經規則，經血減少，同時可以減輕經痛。
4. 適合於新婚以及未生育的婦女。

Cons

In the beginning of medication, few women may have symptoms, such as dizziness, nausea, uncomfortable, spotting, gaining weight. These symptoms will be disappeared in 2 or 3 months.

Cautions

1. Patients with the following diseases are not allowed to take oral contraceptives: e.g. heart disease, diabetes, hypertension, vascular embolism related diseases, liver dysfunction, and genital or breast cancers history, etc.
2. Breast-feeding women are forbidden to take oral contraceptives.
3. Age over 35 and heavy smokers have better not to take oral contraceptives.
4. First-time users are required to receive physician's diagnosis and prescription.
5. Oral contraceptives must be taken every day, otherwise it will result in contraceptive failure.
6. When forgetting to take it in scheduled time, patients should make it up according to the package inserts or other contraceptive measures.
7. It is required to revisit physician 3 months after taking contraceptives, and take gynecological examination periodically every 6 months.
8. Contraceptives medication together with Ampicillin might result in contraceptive failure.

缺點

少數人在服藥初期會有下列症狀：頭暈、噁心或不舒服或點狀出血、體重增加。通常這些症狀在兩、三個月後就會消失。

注意事項

1. 有心臟病、糖尿病、高血壓、血管栓塞性病、肝臟機能障礙及曾患乳癌及生殖器癌症者，不能服用。
2. 餵母乳期間不能服用避孕藥。
3. 35歲以上，且抽菸習慣很重的人，最好不要服用。
4. 初次服用者，應先由醫師診療後再服用。
5. 必須記得每天服用，否則避孕會失敗。
6. 在應服的時間忘記服用，應照其說明的方法補服，並使用其他避孕措施。
7. 開始服用後三個月要複診，以後每六個月定期作婦科檢查。
8. 服用避孕藥期間，併服 Ampicillin 可能會導致避孕無效。