



Opill FAQs

What Is Opill?

Opill® is a daily birth control pill that helps prevent pregnancy.

It's a progestin-only pill, which means it doesn't have estrogen. Progestin is a man-made version of the hormone progesterone, which your body makes naturally.

The best part? You don't need a doctor's prescription to buy it! Opill® is approved by the FDA and is available over-the-counter, so you can pick it up when you need it.

How Does Opill Work?

Opill® works in two ways to prevent pregnancy.

First, it thickens the mucus in your cervix, which helps block sperm from reaching the egg. It also stops the ovaries from releasing eggs in some cycles.

Who Can Take Opill?

Opill® is a safe option for most people to use for pregnancy prevention.

Unlike many birth control pills, Opill® does not contain estrogen. Some people can't take estrogen because of certain health conditions, and Opill® is a great alternative. It also doesn't carry the higher risk of blood clots that estrogen-based pills can cause.

Opill® only has one hormone, progestin, which makes it a good choice for many people, even those with high blood pressure, migraines, or who are breastfeeding, perimenopausal, or smoke.

Important: Do not use Opill® if you have or have ever had breast cancer. Be sure to check the Opill® label for other warnings.

When Should I take Opill?

You can start Opill® on any day you choose.

For Opill® to work best, take one pill every day at the same time. Make sure you take it no more than 3 hours later than the time you took it the day before. Never skip a pill or take a break between packs.

When you finish one pack of 28 pills, start a new pack the next day. It's important to take Opill® every day, even if you're on your period or have some spotting between periods.

Even if you don't have sex often, keep taking Opill® every day so it will work when you need it.

What If I'm Late Taking Opill?

Taking your pill at the same time every day is key for Opill® to work.

If you're less than 3 hours late taking your pill, take 1 pill right away and continue taking it at your usual time the next day.

If you're more than 3 hours late or miss a pill for any reason, take 1 pill as soon as you remember and go back to your usual schedule. This means you might need to take 2 pills in one day.

For the next 2 days, use a condom every time you have sex to make sure you're fully protected.

Can I take Opill as an Emergency Contraceptive?

Opill® is not an emergency contraceptive (morning-after pill).

It won't prevent pregnancy if used after unprotected sex. Opill® and emergency contraceptives work differently. Opill® is a daily birth control pill to prevent pregnancy. Emergency contraceptives are taken as a one-time option after unprotected sex to reduce the chance of pregnancy.

Does Opill Cause Side Effects?

The most common side effects of Opill® are changes in your bleeding pattern.

Your period may become more or less frequent, shorter or longer, lighter or heavier than before. Some people might also have spotting or bleeding between periods, or stop having periods while taking Opill®.

Less common side effects include headaches, dizziness, nausea, more hunger, stomach pain, cramps, or bloating. Most side effects are mild and go away on their own. If the side effects are severe or last a long time, it's important to talk to a doctor.

Do I Need Insurance or a Prescription To Purchase Opill?

No. You can purchase Opill® easily over the counter at many retailers or online.

Opill® is a convenient option for anyone without insurance or access to regular medical care.

[Reproductivejusticemaryland.org](https://reproductivejusticemaryland.org)