



Key Facts About Opill®



98% effective

(when used as directed)
Opill® is the most effective contraceptive option currently available OTC.^{iv}



Safe

Opill® is estrogen-free, making it safe for most* people including those who have high blood pressure and migraine with aura, are breastfeeding or who are smokers over 35.ⁱ Unlike birth control pills that contain estrogen, Opill® does not increase the risk of blood clots.ⁱ



Easy to begin, continue, or stop

Take one tablet of Opill® every day at the same time. You can start Opill® on any day of the week or your cycle. You can also stop using it at any time without finishing the pack. Opill® does not delay your ability to get pregnant once you stop taking it.ⁱ

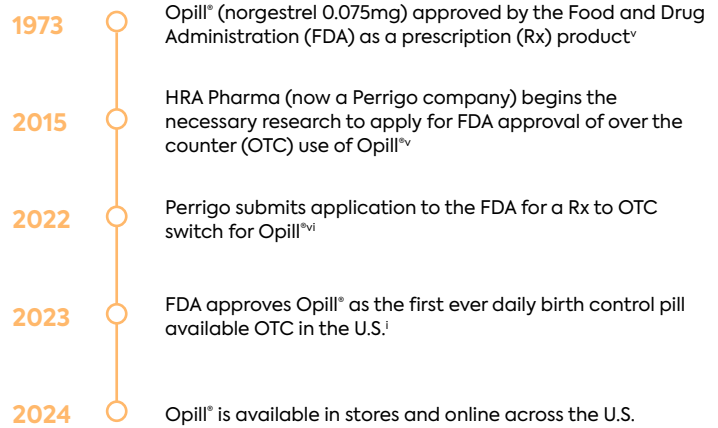


Ready whenever you are

No prescription. No appointment. No hassle. No more waiting at the doctor's office to get a prescription, Opill® can be easily accessed in store or online and is ready for you when you need it.

Opill® is a daily birth control pill for those who want to avoid pregnancy.ⁱ It is a progestin-only pill (POP), sometimes referred to as the “mini pill.”ⁱ Unlike combined oral contraceptives (COCs), Opill® does not contain estrogen.ⁱ This means it has fewer listed contraindications (situations where the product should not be used) than COCs.^{ii,iii} Opill® is a safe and effective birth control option for most* people who can become pregnant.^{i,ii}

Opill® Through Time



Other Common Questions

Is there any difference between prescription strength and OTC strength of the product? No. Opill® is full prescription strength.^{vii}

Who should not use Opill®? Do not use Opill® if you have or ever had breast cancer.ⁱⁱ See Opill® label for list of warnings.ⁱ

What are the most common side effects of Opill®? While taking Opill® you may experience changes in your menstrual bleeding pattern.ⁱ

How does Opill® work? Opill® works by thickening the cervical mucus, which helps block sperm from getting to an egg.^{iviii} It also stops the release of an egg from the ovaries in some cycles.^{ix} Based on a recent study, most (2 of 3) users do not ovulate when using Opill® correctly.^x Opill® starts working 48 hours after the first dose.ⁱ

Do you have to take Opill® at the same time every day? Yes! If you take a pill more than 3 hours late, OR you miss one or more pills, you may be more likely to get pregnant.ⁱ In these cases, take one pill as soon as you remember.ⁱ Then, go back to taking your pill at the usual time.ⁱ This means you may take 2 pills in 1 day.ⁱ Use a condom (or another barrier method) every time you have sex during the 2 days (48 hours) after you restart Opill®.ⁱ You should not take a break between packs.ⁱ

Are there any age restrictions for Opill®? No, the FDA approved Opill® without any age restriction!ⁱ Major medical organizations such as the [American College of Obstetricians and Gynecologists](#) and the [American Medical Association](#), among others, support OTC access for all ages.

Learn more at [Opill.com](#), or find us at [@Opill_OTC](#) on all social platforms.

*Do not use Opill® if you have or ever had breast cancer.ⁱⁱ See Opill® label for list of warnings.ⁱ

The most common side effect one may expect while using Opill® is a change in menstrual bleeding pattern.ⁱ

REFERENCES

i. Opill® over-the-counter [Consumer Information Leaflet]. Dublin, Ireland: Perrigo Co.; 2023. ii. Curtis KM et al. U.S. Medical Eligibility Criteria for Contraceptive Use, 2016. MMWR Recomm Rep 2016;65(No. RR-3):1–104. DOI: <http://dx.doi.org/10.15585/mmwr.r6503a1>. iii. ACOG. (2018, March). FAQs: Combined hormonal birth control: Pill, Patch, and Ring. Retrieved November 17, 2023, from <https://www.acog.org/womens-health/faqs/combined-hormonal-birth-control-pill-patch-ring>. iv. Trussell J, et al. Efficacy, safety, and personal considerations. In: Hatcher RA, et al, eds. Contraceptive Technology, 21st ed. Ayer Company Publishers, Inc.; 2018. v. Opill for Rx-to-OTC Switch: Sponsor Briefing Document. Published by US Food and Drug Administration. Prepared by HRA Pharma. Available at: <https://www.fda.gov/media/167893/download>. vi. [News release] Perrigo's HRA Pharma Submits Application to FDA for First-Ever OTC Birth Control. Perrigo Newsroom. July 11, 2022. Available at: <https://investor.perrigo.com/2022-07-11-Perrigos-HRA-Pharma-Submits-Application-to-FDA-for-First-Ever-OTC-Birth-Control-Pill>. vii. Opill® over-the-counter [Drug Facts Label]. Dublin, Ireland: Perrigo Co.; 2023. viii. Han et al. Contraception 2022. Mechanism of action of a 0.075 mg norgestrel progestogen-only pill 2. Effect on cervical mucus and theoretical risk of conception. ix. Glasier et al. Contraception 2022. Mechanism of action of norgestrel 0.075 mg a progestogen-only pill. I. Effect on ovarian activity.