

## Fact Sheet - Chinese

# 復合避孕藥

## The Combined Pill



### 什麼是復合避孕藥？

復合避孕藥含有兩種激素——雌激素和孕酮，它通常只稱為“避孕藥”。避孕藥有很多類型，但它們都以同樣的方式起作用，達到避孕的目的。



### 復合避孕藥如何起作用？

避孕藥阻止女人的卵巢每個月釋放卵子，以達到避孕的目的。

### 復合避孕藥的效果如何？

復合避孕藥的效果很好，如果使用方法正確，其有效率超過99%。在典型或“現實生活”的使用中，效果較差（91%），每一百名婦女中多達9人在一年內懷孕。

### 哪些人可以使用復合避孕藥？

大多數女性都可以使用復合避孕藥。如果正確服用，避孕效果是很好的，但是如果您想懷孕，停止服用也很容易。

### 哪些人不應使用復合避孕藥？

曾經患過腿部血栓、中風或心臟病發作、肝臟問題、高血壓、某些類型的偏頭痛或乳腺癌的婦女不宜使用復合避孕藥。如果您正在用母乳餵養而您的寶寶不到6個月大，那您就可能不可以服用復合避孕藥。請向您的醫生諮詢，以確保使用復合避孕藥對您來說是安全的，這是非常重要的。其它一些藥物可能妨礙避孕藥的正常作用，在您決定使用復合避孕藥之前，醫生會告訴您這些情況，以及您需要知道的其它事項。

### 復合避孕藥是否有任何副作用？

大多數女性使用復合避孕藥時感覺正常，但是在剛開始使用時通常有一些副作用。在月經之間可能有不規則出血、乳房疼痛和惡心（感覺不適）。這些副作用通常要過幾個月才消失，但有時您的醫生會改變您正在使用的避孕藥類型。復合避孕藥引起的嚴重健康問題很罕見，但是請您的醫生給您介紹一下這些情況。

### 如何服用復合避孕藥？

復合避孕藥有28天用藥的包裝，取決於藥丸的類型，其中將有兩至七粒不含激素的安慰丸（糖丸）。您通常在服用糖丸的那段時間有陰道出血。

有些類型的避孕藥包括在藥物福利計劃（PBS）中，而有些則沒有。如果費用對您來說是一個問題，請向您的醫生諮詢不同類型的避孕藥的價格。

### 如果錯過服藥怎麼辦？

如果您錯過服藥的時間不超過24小時，那就在您記得的時候盡快服藥，然後在通常時間再服用下一粒，您仍然會得到避孕保護。如果您錯過服藥的時間超過24小時，您應該使用避孕套或停止性生活，直至您服用激素避孕藥七天之後。您還可能需要服用緊急避孕藥。如果您錯過服藥的時間超過24小時，請向您的醫生或藥劑師諮詢您需要做什麼，您也可以打電話到我們的Talkline（1300658886）與護士討論。

### 如何購買復合避孕藥？

您需要去看醫生或去家庭生育計劃診所取得復合避孕藥的處方。醫生會向您詢問有關的健康問題，並告訴您如何服用復合避孕藥。然後，您可以從藥房或家庭生育計劃診所購買避孕藥。您應該每12個月做一次檢查。

### 其它避孕方法

您可以使用的其它避孕方法還有很多，請參閱新南威爾士州家庭生育計劃協會的介紹資料。

### 欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務（NRS，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | 書店

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新南威爾士州家庭生育計劃協會（Family Planning NSW）是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

## Fact Sheet - English

# THE COMBINED PILL



### What Is The Pill?

The combined Pill contains two hormones, oestrogen and progesterone. It is usually just called 'The Pill'. There are many types of combined Pills but they all work the same way to prevent pregnancy.



### How Does The Pill Work?

The Pill stops a woman's ovaries from releasing an egg each month, so a pregnancy cannot begin.

### Who Can Use The Pill?

Most women can use the Pill. It is effective at preventing pregnancy if taken correctly, but can also be easily stopped if you wish to become pregnant.

### Who Should Not Use The Pill?

Women should not use the Pill if they have had a blood clot in their leg, a stroke or heart attack, liver problems, high blood pressure, certain types of migraine, or breast cancer. You may not be able to use the Pill if you are breastfeeding and your baby is less than six months old. It is very important to talk with your doctor to make sure it is safe for you to use the Pill. Some other medications can stop the Pill from working properly and the doctor will tell you about these and other things you need to know before you decide to use it.

### Are There Any Side Effects?

Most women feel well while using the Pill, but it is common to have some side effects at first. You may have irregular bleeding in between periods, sore breasts and nausea (feeling sick). This usually settles down after a couple of months but sometimes your doctor may change the type of pill you are using. Serious health problems caused by the Pill are rare, but ask your doctor to tell you about them.

### How Do You Take The Pill?

The Pill comes in a 28 day pack and depending on the type of pill, it will have between two and seven pills that have no hormones (sugar pills). You will usually have vaginal bleeding during the days when you take the sugar pills.

Some types of pill are available on the PBS while others are not. Talk to your doctor about the cost of different pill types if this is an issue for you.

### What If You Miss A Pill?

If you are less than 24 hours late taking a pill, take it as soon as you remember, and then take the next pill at the usual time. You will still be protected against pregnancy. If you are more than 24 hours late taking a pill you should use condoms or not have sex until you have had seven days of hormone pills. You may need the emergency contraceptive pill. It is a good idea to talk with your doctor or pharmacist about what to do if you are more than 24 hours late or you can ring to speak with a nurse on our Talkline (1300 658 886).

### How Can You Get The Pill?

You need to go to a doctor or Family Planning Clinic to get a script for the Pill. The doctor will ask you questions about your health and will tell you how to take the Pill. You can then buy your pills from a pharmacy or a Family Planning Clinic. You should have a check-up every 12 months.

[www.fpnsw.org.au](http://www.fpnsw.org.au) | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FPNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

## Other Methods of Contraception

There are many other methods of contraception available. See FPNSW factsheets.

## For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

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Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300