

## COMBINATION PILLS

**monophasic pills** (your textbook calls them constant-dose combination pills)

EP EP EP EP EP EP EP

EP EP EP EP EP EP EP

EP EP EP EP EP EP EP

X X X X X X X X

the same amount of an E = estrogen and P = progestin in each active pill

**biphasic pills** (your textbook ignores the existence of these pills)

Ep Ep Ep Ep Ep Ep Ep

Ep Ep Ep EP EP EP EP

EP EP EP EP EP EP EP

X X X X X X X X

the first half of the cycle (first 7-10 days) has a lower level of p = progestin

the second half of the cycle has a higher level of P = progestin

**triphasic pills** (your textbook also calls these pills triphasic)

ep ep ep ep ep ep ep

Ep Ep Ep Ep Ep Ep Ep

EP EP EP EP EP EP EP

X X X X X X X X

there are three different levels of hormones during the cycle

both (e or E) = estrogen and (p or P) = progestin levels may change

### 28 day packs

(4<sup>th</sup> week = "reminder pills")

EP EP EP EP EP EP EP

EP EP EP EP EP EP EP

EP EP EP EP EP EP EP

X X X X X X X X

### 21 day packs

(4<sup>th</sup> week = no pills)

EP EP EP EP EP EP EP

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**Extended Cycle Pills: 91 days**

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e e e e e e e

84 days of active pills

84 days of active pills

7 days of inactive pills

7 days of low estrogen pills

(Seasonale, Quasense)

(Seasonique, LoSeasonique)

**Extended Cycle Pills: 365 Day**

EP EP EP EP EP EP EP  
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EP EP EP EP EP EP EP  
EP EP EP EP EP EP EP

(Amethyst = generic version of Lybrel which is no longer being made)

### Extended Cycle Pills: Mini Continuous-Cycle Pills

EP EP EP EP EP EP EP

EP EP EP X X X X

EP EP EP EP EP e e

(Yaz, Beyaz, Safyral)

X X

(Lo Loestrin Fe)

### Progestin-Only Pills (mini pills)

P P P P P P P

P P P P P P P

P P P P P P P

P P P P P P P

