**Video transcript- The Combined Pill- An Introduction**

Hello. The combined oral contraceptive pill is taken by many women for contraception and control of their periods.

The combined pill, or COCP, is a tablet containing two hormones; oestrogen and progesterone. These hormones are naturally produced in a woman's ovaries and are involved in regulating periods and fertility. The COCP is different to the mini pill which contains only the hormone, progesterone.

In general the pill works in 3 ways to reduce the chance of you becoming pregnant.

* It stops your ovaries releasing an egg each month;
* it thickens the mucus at the neck of your womb;
* and it thins the lining of your womb.

There are many brands available, so if you don't get on with one particular pill, your doctor can prescribe a different one which may suit your needs better. If taken correctly, the combined pill is more than 99% effective. This means that fewer the 1 in 100 women who use this pill will become pregnant in 1 year.

To ensure that the combined pill is suitable for you, your healthcare professional will ask you a series of questions as well as checking your blood pressure, height and weight. There are some medical conditions which means that the combined pill won't be suitable for you. This includes having had a clot in your legs or lungs, a current or past history of breast cancer or liver disease and suffering from migraines with visual disturbances. If you are over 35 and smoke, have a body mass index of 35 or more, or have high blood pressure, this means that the combined pill isn't a safe method of contraception.

Please speak to your GP or sexual health adviser, for help on choosing the right contraceptive for you.

www.unitysexualhealth.co.uk