

# Breastfeeding and NOR-QD<sup>®</sup> (norethindrone tablets, USP)

## Healthy choices for you and your baby

*The health benefits of breastfeeding are well known. Breast milk provides your baby with the nutrients required to build up immunity and fight infection, and breastfeeding helps you get back to your pre-pregnancy shape faster. But, contrary to popular belief, breastfeeding does not prevent pregnancy. Fortunately, there are effective, safe oral contraceptives available for women who want to breastfeed.*

*NOR-QD, a progestin-only pill, is an appropriate oral contraceptive for breastfeeding mothers because it does not contain estrogen, a hormone that can pass into breast milk and affect your baby's growth and development. Progestin-only pills such as NOR-QD do not affect the quality or amount of breast milk or the health of nursing infants. NOR-QD is approximately 95% effective in preventing pregnancy, making it more reliable than condoms, diaphragms, or foams. So if you're breastfeeding and need effective birth control, consider NOR-QD, a healthy choice for you and your baby.*

Progestin-only pills, such as NOR-QD, should not be used by women who are or may be pregnant or those with known or suspected breast cancer, undiagnosed bleeding between periods, benign or cancerous liver tumors, or acute liver disease. Cigarette smoking greatly increases the risk of heart attacks or strokes associated with oral contraceptive use.



**WATSON Women's Health**

A Division of Watson Pharma, Inc.

*Solutions to fit her lifestyle*



# Using

# NOR-QD<sup>®</sup>

(norethindrone tablets, USP)

## When You Are Breastfeeding

- You can start taking NOR-QD approximately 6 weeks after delivery if you are exclusively breastfeeding. If you are supplementing with formula, your physician may have you begin NOR-QD as early as 3 weeks after delivery.
- Make sure to take the pill at the same time every day. Taking NOR-QD even a little late may increase your chances of getting pregnant. Choose a convenient time that is associated with a daily activity (eg, before breakfast, at bedtime before brushing teeth).
- With NOR-QD there are no breaks between packs or pill-free days. Always have your next pack of pills ready.
- If you miss a pill by 3 hours or more, take it as soon as you remember. Then continue taking your pills as before. Use a backup method of birth control (eg, condom and/or spermicide) every time you have sex for the next 48 hours.
- If you vomit soon after taking a pill, use a backup method of contraception every time you have sex for the next 48 hours.
- Inform your doctor of all the medications you are taking, especially medicines for seizures or tuberculosis, which can make the pill less effective.
- The most common side effect of NOR-QD is irregular menstrual bleeding. Your periods may be early or late and you may have some spotting between periods. Do not stop taking your pills if this happens. Other less common side effects include headaches, breast tenderness, nausea, and dizziness. Side effects such as weight gain and acne are rare with progestin-only pills.
- NOR-QD does not protect against HIV infection (AIDS) or other sexually transmitted diseases.
- Progestin-only pills, such as NOR-QD, should not be used by women who are or may be pregnant or those with known or suspected breast cancer, undiagnosed bleeding between periods, benign or cancerous liver tumors, or acute liver disease. Cigarette smoking greatly increases the risk of heart attacks or strokes associated with oral contraceptive use.
- When you decide to stop breastfeeding, consult your physician about an appropriate oral contraceptive. Do not use estrogen-containing pills until after you stop breastfeeding.
- If you become pregnant, or think you might be, contact your physician. You should get a pregnancy test if your period is late and you took pills late or missed pills and did not use a backup method of birth control.
- See your doctor if you have any other questions about NOR-QD or progestin-only pills.



**WATSON Women's Health**

A Division of Watson Pharma, Inc.

*Solutions to fit her lifestyle*

**Please see Patient Labeling in the package insert for more information.**

© 2002, Watson Pharma, Inc.,  
Morristown, NJ 07962.  
All rights reserved.  
March 2002  
01778