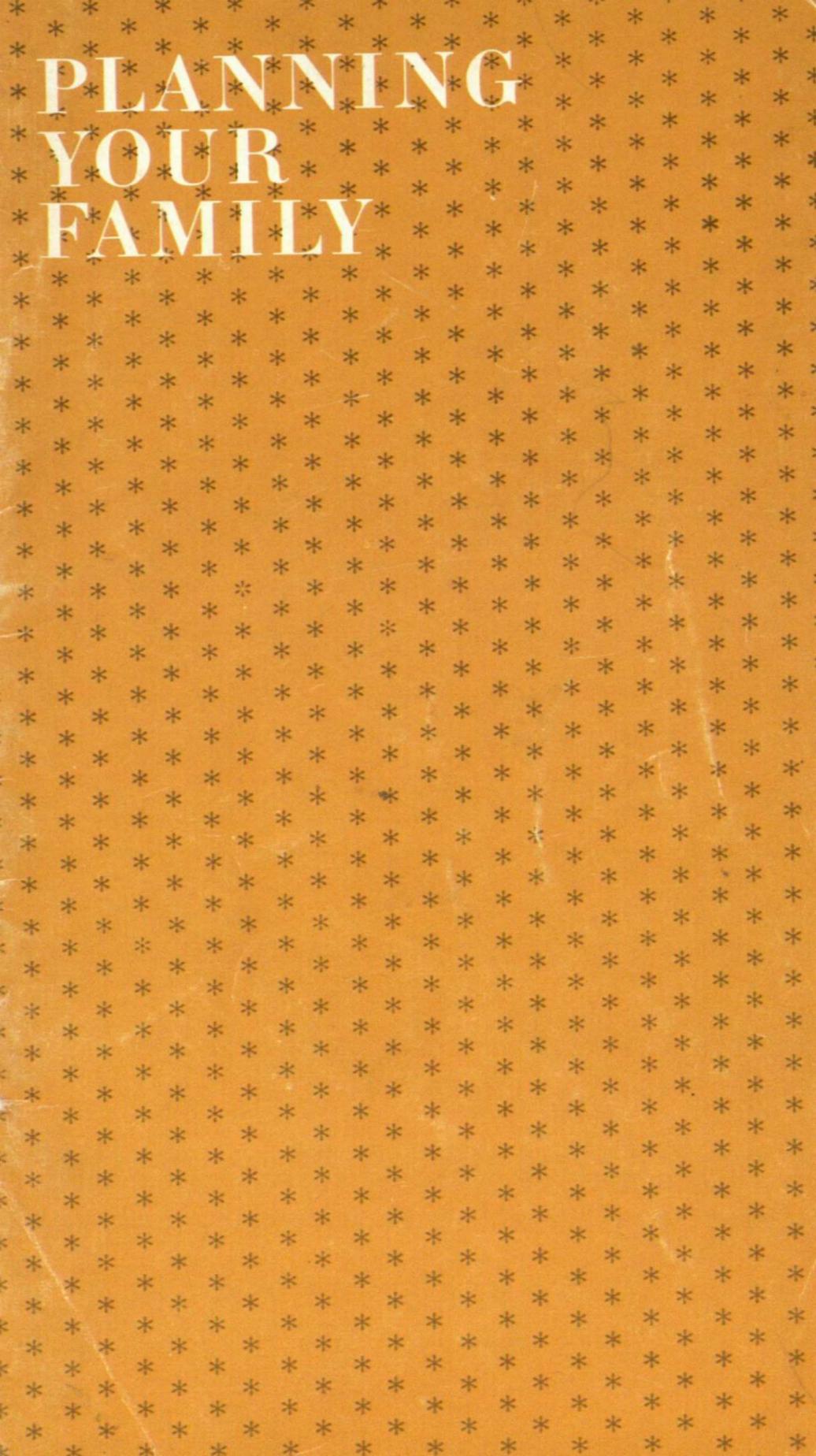


# PLANNING YOUR FAMILY





# Enovid-E®

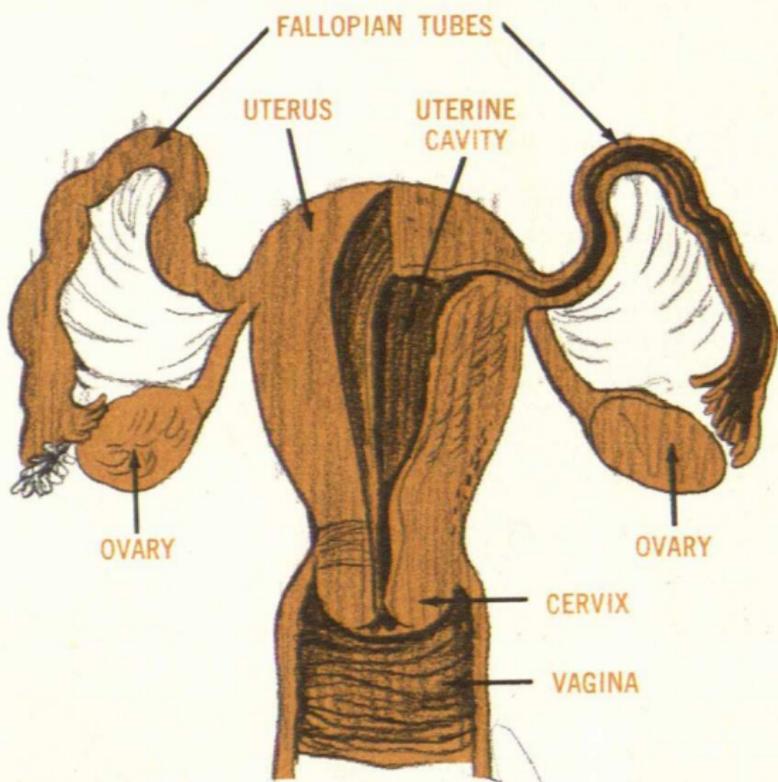
Each tablet contains:  
norethynodrel . . . 2.5 mg. / mestranol . . . 0.1 mg.

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Today, millions of women, like yourself, have learned how to have the number of children they want, when they want them. Like you, they plan their families. **PLANNING** your family, by controlling the number and spacing of your children, makes each child a truly wanted child—one you can properly support and educate, and to whom you can give a full share of love and attention. You and **YOUR** marital partner who practice a birth control method which is acceptable to both of you—as well as reliable—are able to satisfy your desires for spacing of your children. Freedom from anxiety and fear of an unwanted pregnancy usually is reflected in better physical and mental health, as well as an increased opportunity to live a better life for every member of the **FAMILY**.

Today, there is a highly acceptable method of family planning that experience shows offers virtually 100 per cent protection against unwanted pregnancies when used as directed. You have probably heard it referred to as "THE PILL." Its name is ENOVID-E®.\* Since doctors started writing prescriptions for Enovid® eight years ago more than eight million women have used "the Pill" successfully to plan their families. "The Pill" rapidly gained its overwhelming popularity because it is so natural, so easy and so reliable as a birth control method. In addition to this, Enovid-E also does away with the unpleasant inconvenience and mess associated with many other methods. This booklet has been written to help you know how "the Pill" works and to answer your questions about it.





# THE FEMALE REPRODUCTIVE SYSTEM

If you understand how a woman's reproductive system works, you will be able to see how "the Pill" works and why it can protect you when you take it as instructed by your doctor.

The reproductive system is the group of organs that makes it possible for a woman to have a baby. This system, inside your body, is made up of the ovaries, the

fallopian tubes and the uterus—also called the womb. The ovaries, as you can see in the drawing, are oval-shaped organs. They make a woman's egg cells. Once every month, one or the other of the ovaries releases an egg into the entrance of a fallopian tube. This is called ovulation. The egg travels through the fallopian tube to the womb. The womb is the place where the egg, if it has become fertilized by a male sperm cell, attaches itself and a baby grows. The egg is given life and grows only if a sperm from the male penetrates the egg. This is called fertilization and it takes place in the fallopian tube before the egg has reached the womb.

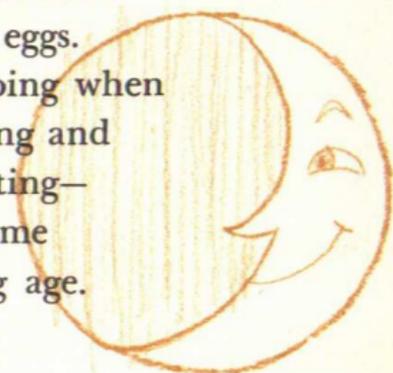
## THE MENSTRUAL CYCLE

If the egg has not been fertilized, it is expelled from the body along with the inner lining of the womb. This is the bleeding known as menstruation\* or the menstrual period, and it usually lasts for three to five days. From the time a girl becomes a woman and until she passes the age for childbearing, she normally menstruates monthly. An egg usually is formed and the lining of the womb is cast off and replaced each month—except when she is pregnant. Because this is repeated regularly every month, it is called a cycle—a menstrual cycle. The menstrual cycle is measured from the first day of a bleeding period to the first



Menstruation is derived from the Latin *menstruus*, which means monthly.

day of the next. Menstrual cycles generally last 28 days, although ordinarily it is neither unusual nor abnormal if they last a few days more or a few days less. The entire menstrual cycle is controlled by the body's glands which secrete a number of chemical "messengers" called hormones. These hormones stop the cycle when you are pregnant. The womb, in which the fertilized egg has "nested," keeps its lining and the ovaries stop making and releasing eggs. These hormones keep the cycle going when you are not pregnant—menstruating and releasing egg cells and menstruating—until such time as you might become pregnant or pass the childbearing age.



## HOW 'THE PILL' WORKS

As the menstrual cycle began to be understood better, scientists, chemists, physiologists and physicians began to suspect that it could be controlled. The search for this control resulted in the discovery—twelve years ago—of "the Pill," Enovid. After many years (including nearly 10 years of study of thousands of women in many countries), doctors proved that they were right—Enovid works! For years, physicians have been prescribing Enovid to correct many common menstrual irregularities in women—as well as for birth control. Enovid-E is a form of

the original Enovid and is specifically designed for contraception. Both "Pills" imitate many of the actions of the female reproductive hormones during early pregnancy. Nature does not permit pregnant women to menstruate or to ovulate. "The Pill" prevents the release of eggs in very much the same way nature does when you are pregnant. If no egg is made by or released from the ovary to become fertilized, a new life cannot be conceived. Experience over many years with millions of women has shown that, when taken as directed, Enovid-E gives virtually 100 per cent protection against an unwanted pregnancy.

## WHAT DAYS TO TAKE

Begin taking your pills five days after your period starts (whether or not you are still menstruating) and continue to take one pill each day for a total of twenty (20) consecutive days. Count the day you start to bleed as one of the five days. Example: If your period starts on November 6, the fifth day would be November 10. Your period usually will start one to three days after you take your last pill. Then you again begin a new pill cycle five days after your period starts. The schedule is repeated month after month.

### VARIATION:

On a 20-pill schedule, most women begin to menstruate every 26-28 days. Sometimes, having a period at a particular time is inconvenient. When this is the case, discontinuing sooner than the 20th pill will bring an early period—or taking more than 20 pills will postpone it. (Remember a menstrual flow nearly always occurs within three days after taking the last pill—regardless of whether only 10 pills or as many as 30 pills are taken.) You should consult your physician, however, about taking the pills for more or less than 20 days.

# IMPORTANT

THINGS YOU SHOULD KNOW AND REMEMBER

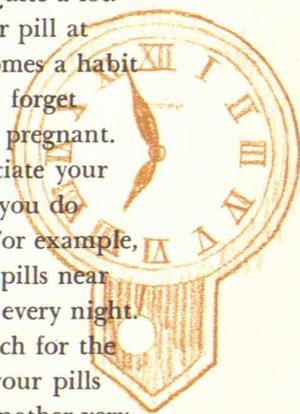
## \* Take your Enovid-E faithfully every "Pill Day"!

It is important that you take a pill faithfully every "pill day" for two reasons. First, if you do not take your pills regularly, your ovaries may produce an egg and you may become pregnant. Second, you may spot or bleed between your periods. This is not harmful but it may be inconvenient.

## \* Take your pill at about the same time every day!

You are probably wondering what the same time of day has to do with it. Quite a lot.

In the first place, by taking your pill at the same time every day, it becomes a habit and you are much less likely to forget and thus run the risk of getting pregnant. You may find it helpful to associate your pill taking with something else you do every day at a particular time. For example, one way might be to keep your pills near an alarm clock that must be set every night. Then every night when you reach for the alarm clock you will think of your pills and be reminded to take one. Another very important reason for you to take your



pills as "regular as clockwork" is that you are protected best when you take an Enovid-E pill about every 24 hours, because they are made to work that way. Just remember that once every day is not the same as once every 24 hours. Here is why. Suppose you were to take your Monday pill in the morning when you get up, and then not take your Tuesday pill till the evening before you go to bed. True, you will have taken a pill once each day on Monday and Tuesday—but the time between pill taking will probably have been more than 36 hours, or more than 1½ days! You might then spot. Chances are you would still be protected and would not get pregnant, but why risk it when it is so easy to guarantee yourself maximum protection by taking your Enovid-E (1) faithfully every pill day and (2) at about the same time every pill day.

## \* Spotting

This is a slight bleeding or staining between your menstrual periods which may not even require a pad. Some women spot even though they take their pills

exactly as directed. Many women who have never taken pills spot. Spotting does not mean that your ovaries are releasing an egg. Spotting may be the result of irregular pill taking. Getting back on schedule will stop it. Spotting also can be caused by your body producing more — or less — of your usual hormone supply. Usually, spotting can be controlled simply by taking two pills a day for two or three days — or until spotting has stopped for a full day. You can then go back to one pill a day for the rest of the cycle. It is not necessary to take two pills unless the spotting annoys you. But if you do take two pills daily for several days, make sure you have enough to carry you through the entire 20 days of your pill cycle.

### **\* Breakthrough bleeding**

This is bleeding which is heavier than mere spotting, requiring the use of a pad or tampon. It, too, can usually be controlled by taking two pills a day until bleeding has stopped for a day — or until the end of the cycle. If it occurs several cycles in a row about the same pill day, you will soon learn to anticipate it and increase the dosage a few days before the bleeding starts. If such bleeding is not easily and quickly controlled, it may have nothing to do with the pills and you should consult your doctor. It is a good idea to have an extra supply of pills on hand just to take care of spotting or breakthrough bleeding should it occur.

### \* Special precaution

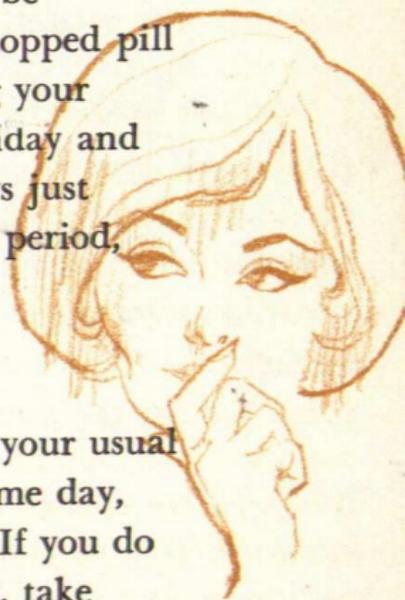
There is a very rare possibility that your ovaries might release an egg before you take your first pill — on your very first pill cycle. Therefore, just to be on the safe side, you should use an additional approved method of protection for the first seven (7) days you take the pills during your very first pill cycle. The same precaution should be taken if you go off the pills for a month or more and then go back on them.

### \* Missed menstruation

On very rare occasions, some women skip — or miss — a period. It happens to women who do not take the pills, as well as to women who do. If you do not have a period after you take your last pill, it is important that you start taking your pills again seven (7) days after you took your last pill in the previous cycle, in order to be protected. If, for example, you stopped pill taking on a Monday, start taking your pills again on the following Monday and continue to take them for 20 days just as before. If, again, you have no period, you should consult your doctor.

### \* Forgotten pills

If you forget to take your pill at your usual time, but remember later that same day, take it as soon as you remember. If you do not remember until the next day, take the pill as soon as you can and then take your next regular pill at your usual time.



This means taking two (2) pills on that one day. If you neglect to take your pills for 48 hours (two days) or more during the pill days, take two pills a day for as many days as you missed and use an additional method of protection until your menstrual period begins. Remember—you may ovulate if you miss taking pills. And you may become pregnant if you ovulate.

## OTHER PILL EFFECTS

Because “the Pill” so closely imitates some of the natural effects of early pregnancy, you may have symptoms much like those you have heard about or may have experienced if you have been pregnant. Most women have no unpleasant side effects, so there is a very good chance that you will not have any.

### \* Morning sickness

A very few women experience a feeling of nausea, similar to “morning sickness,” when they first start taking the pills. Their bodies quickly adjust to the pills so the ill feeling is usually mild and lasts but a few days of the first cycle or two.

### \* Breast enlargement

similar to that of early pregnancy may occur and is sometimes accompanied by tenderness.

**\* Weight gain or loss**

occurs occasionally. If you should gain weight and it is objectionable to you, control your diet and use less salt.

In contrast to these mildly annoying secondary effects, there are others that are truly beneficial. After starting "the Pill," women usually enjoy these extra benefits:

**\* Relief from premenstrual tension**

which means an end to those monthly bouts of irritability that are so upsetting.

**\* Regulation of the menstrual cycle**

which means your periods start right on time every month.

**\* Relief of menstrual cramps**

which means more comfortable, pain-free periods.

**\* Happier marital relationship**

by removing fear of unwanted pregnancy and restoring peace of mind.



# Q & A

**What is the difference between Enovid-E and Enovid?**

Enovid-E is a form of the original Enovid and is specifically designed for contraception. They both provide equal protection from pregnancy. Your doctor selects the pill he thinks best for you.

**Do I need a prescription?**

Yes, because "the Pill" must be taken under a doctor's supervision.

**Will I still have my regular periods while I am taking "the Pills"?**

Yes. The menstruation is brought about by the pills instead of by your own gland products. Some women have a somewhat lesser flow and a few have a little greater flow while they are taking the pills. As the months go by the amount of flow usually becomes reduced.

**Should I take "the Pills" at any special time of day?**

It is recommended that you take them with your main meal or at bedtime.

**Is "the Pill" effective immediately?**

In most cases, yes, but the method should not be relied on for the first seven days of the first cycle of tablets. This precaution is not necessary during the remainder of the first cycle or at any time in subsequent consecutive pill cycles.

**Am I protected on the days I do not take "the Pills"?**

Yes, you are — so long as you have taken them as directed for the prescribed period and resume taking them at the suggested time.

**Suppose I do not menstruate after I take my last pill?**

You should start taking your pills for another twenty (20) days, one week (7 days) after you stopped taking them, just as though you had menstruated. If this happens two cycles in a row, call your doctor.

**Am I apt to become pregnant if I miss taking a pill for just one or two days?**

Probably not, but you may spot or bleed, which may inconvenience you.

**What if I forget to take my pill one day?**

If you miss taking your pill in the evening, you should take the pill you skipped the next morning or as soon as you think of it and you should take your usual pill that same evening (two pills that day) or you might spot.

**Are babies normal when born to mothers who have stopped taking "the Pills" because they wished to become pregnant?**

There is no evidence whatever that there are any more abnormalities among such babies than occur among babies of women who have never taken "the Pills."

Q & A

# Q & A

**How do "the Pills" act to prevent the making and release of an egg?**

Very much in the same way that body glands prevent this when a woman is pregnant.

**I have heard that women who take "the Pills" can get pregnant late in life—say at 65. Is this true?**

There is absolutely no evidence that this has happened or is even possible.

**Would there be any serious harm done if a child should take a pill accidentally?**

This has happened with no bad effects; however, your doctor should be called. "The Pills" should be kept out of the reach of children.

**Do "the Pills" regulate the menstrual cycle as well as prevent ovulation?**

If you have been irregular in your menstrual periods, you are very likely to find that "the Pills" will make your periods very regular.

**If I am already pregnant, can "the Pills" cause an abortion?**

Definitely not. Enovid is often prescribed by doctors to prevent miscarriages and abortions.

**How soon after a baby is born can the mother start "the Pills"?**

The tablets may be started at any time and menstruation can be expected one to three days after the first course of pills. The doctor will decide when a mother should start "the Pills."



*Your*  
*Enovid-E*<sup>®</sup>  
*Compack*<sup>™</sup>

tablet dispenser

This modern dispensing package...with push-button ease... was specifically designed for you... to make birth control with "the Pill" easy and pleasant as well as reliable. You will be pleased with the distinct advantages it offers. Your Compack contains no moving parts. It is easy to understand and to use. Each pill is sealed for maximum protection. A completely automatic record is kept of your cycle and of your pill days.

# HOW TO USE YOUR COMPACK



1. With your pills facing you, position the CompacK Refill so that the arrow points to the day your period starts.

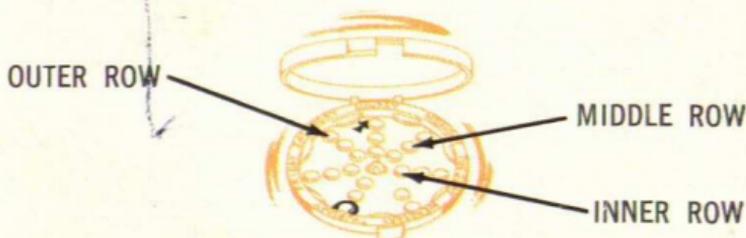
Snap the Refill into locked position by pressing down around the button catch. The Refill should be flat in the CompacK. To remove it, lift up at any day and pull off.



2. Your first pill is to be taken five days after your period starts. It is marked with a circle around it.



3. To remove a pill, push the pill down through the bottom opening of the CompacK. The pill pops out.



4. The pills should be taken consecutively: The pills in the outer row one each day of the first 7 days, the middle row the second 7 days, and the inner row the last 6 days.

