

口服避孕藥

Oral Contraceptive Pill

• 避孕原理：

Contraceptive principle:

主作用是抑制卵巢排卵、其它還有阻礙精卵結合與胚胎著床來達到避孕的效果。

The main function of the Oral Contraceptive Pill is to prevent ovulation, impede sperm penetration and lower the chances of implantation of a fertilized egg.

• 避孕效果：

Contraceptive effectiveness:

完全正確使用，效果為99.7%

If taken correctly, the pills is 99.7% effective.

1. 一般婦女：月經來潮的第五天開始服用(視品牌不同而不同，有些口服避孕藥是自月經來潮當天就需開始服用)
For general women: Start taking your pills on the fifth day of your menstrual period (depending on the brands, some pills should be taken on the first day of the menstrual period)
2. 產後婦女：未哺乳母乳者可於產後三週開始服用，最遲不可超過產後28天。
For postpartum women: Non breastfeeding mothers can start taking the pills 3 weeks after the delivery, and no later than 28 days after the delivery.
3. 流產或人工流產婦女：於流產或人工流產之後第五天開始服用。
Women with miscarriage or induced abortion: Start the pills on the fifth day after the abortion.
4. 新婚婦女：結婚前一個月之月經來潮第五天開始服用。
Newly married women: Start taking pills on the fifth day of the last menstruation a month before marriage.



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• 注意事項： Precautions:

1. 口服避孕藥屬於固醇類荷爾蒙，服用之前必須先經醫師診察，處方才可領用。
Oral Contraceptive Pills are steroid hormones. Individuals should consult their physicians before taking any oral contraceptive pills and which should be through proper medical prescription.
2. 服藥期間應每半年定期請醫師檢查。
Regular health check up should be done once every six months during the course of medication.
3. 有下列情況的婦女絕不可服用：35歲以上的抽菸婦女，心臟病、重度高血壓、重度糖尿病、懷孕中、哺餵母乳、肝病、有凝血疾病、乳癌患者、偏頭痛。
Women should not take the pills if they are a 35-year-old or above smoker, have heart disease, have severe hypertension, have severe diabetes, are pregnant, are breastfeeding, have liver disease, have blood clotting disease, have breast cancer or migraine.

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• 優點： Advantages:

1. 正確使用，避孕效果佳
If taken correctly, is an effective contraceptive.
2. 可降低月經量，改善貧血
Reduce menstrual flow and improve anemia.
3. 可減輕痛經
May reduce dysmenorrhea.
4. 可預防卵巢癌的發生
May prevent occurrence of ovarian cancer.
5. 某些避孕藥可減輕經前症候群
Some contraceptives may reduce premenstrual syndrome.
6. 某些避孕藥可治療青春痘
Some contraceptives may treat acne.

• 缺點： Disadvantages:

1. 需每日服用，不能遺忘，若忘記服用則會影響效果
Do not forget to take the pills. You need to take the pills every day.
Missing a pill may affect the contraceptive effectiveness.
2. 部分婦女可能會有少許的副作用，例如：噁心、嘔吐、乳房脹痛、頭暈的感覺，但不久就會消失
Some women may have few side effects such as nausea, vomiting, chest pain, dizziness; but those symptoms subside soon.
3. 某些避孕藥可能會導致體重增加，心情低落，嗜睡
Some contraceptives may cause weight gain, depression, and lethargy.



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- **單靠口服避孕藥無法預防性傳染疾病及愛滋病，建議搭配保險套使用。**

Taking oral contraceptives alone do not prevent sexually transmitted diseases (STDs) and AIDS; therefore, it is recommended to use condoms in preventing STDs.

- **資料來源：衛生福利部國民健康署
Source: Health Promotion Administration, Ministry of Health and Welfare**
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