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As birth control pill hits retail shelves, experts educate public

*Resources launched for journalists help clarify confusion and avoid
misinformation*

WASHINGTON — The pharmaceutical company [Perrigo](#) announced that, beginning today, the first birth control pill available over the counter, “Opill,” will land on store shelves nationwide. Opill now is the most effective contraception available over the counter.

Research has shown significant public misinformation about contraceptive pills, and the launch of Opill has the potential to worsen confusion:

- Pharmacies recently announced they are stocking the abortion pill by prescription for the first time — many weren’t aware that pharmacies did not already distribute medication abortion, and are already confusing the abortion pill and contraceptive pills. The simultaneous launch of both a birth control pill on pharmacy shelves and abortion pills available in pharmacies via prescription naturally lends to confusion.
- Most people do not realize that there are two types of birth control pills and only one is now over the counter. Opill, the new over-the-counter birth control pill, is a progestin-only pill often called the “mini-pill” that is used by less than 10% of pill users today. Potential consumers need information about Opill: how it works, common side effects, and how it is different from the more commonly used combined oral contraceptive pill.

[Contraceptive Access Initiative](#) (CAI) has published [short \(approximately one minute\) explainer videos](#) that provide the facts about Opill and reduce any misinformation. Trusted national reproductive and sexual health expert and OB-GYN Dr. Raegan McDonald-Mosley is featured in these videos.

“Having a birth control pill available over the counter will allow people to access effective birth control without having to jump through unnecessary hoops and barriers. Contraception is critical to help people plan their health care and their futures,” said Dr. Raegan McDonald-Mosley, CEO of [Power to Decide](#), CAI Chief Medical Advisor and a practicing OB-GYN. “Now we need to take the next steps to guarantee affordable contraceptive access for all.”

The [first video](#) in the series provides a medical overview of how Opill works. The [second video](#) answers questions about how the pill was approved for over-the-counter availability and discusses the impact the new access will have. Both videos feature Dr. Raegan McDonald-Mosley, CEO of [Power to Decide](#), CAI Chief Medical Advisor and a practicing OB-GYN.

Opill is a progestin-only oral contraceptive pill which can be safely used by most people who want to prevent pregnancy. CAI and other reproductive health advocates and experts also encourage the FDA to promptly review and approve OTC access of the combination oral contraception pill (COC), which is the oral contraceptive type used by more than 90% of pill users.

“The pill’s availability on store shelves is a pivotal moment in reproductive health, enabling millions to secure safe and effective birth control without the barrier of a doctor’s visit,” said CAI Co-founder Dana Singiser. “Now we need to make sure individuals have the resources and information they need to access the pill.”

True over-the-counter access to contraception remains incomplete until:

- Both formulations of the birth control pill are accessible without a prescription;
- The Opill is widely available, including in [contraceptive deserts](#); and
- The pill is financially accessible for all — covered by insurance and affordable to people without insurance .

Resources

Visit the [Contraceptive Access Initiative website](#) to learn more about:

- [Short videos : important facts about Opill OTC.](#)
- [A roadmap for making over-the-counter contraception affordable.](#)
- Facts about the [FDA review](#) of both types of birth control pills.
- [Media kit on the pill over the counter.](#)

Please contact Loretta Kane (loretta@caminopr.com) to request interviews with experts or personal storytellers.

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The nonprofit [Contraceptive Access Initiative](#) advocates for increasing access to contraception, free from stigma, bias and coercion. CAI supports affordable over-the-counter access to oral contraception without restrictions. Our work reduces misinformation and challenges disinformation, while uplifting educational content that helps people make the choices that are right for them.