

STEP-BY-STEP INSTRUCTIONS FOR USING YOUR VERIDATE® PILL DISPENSER

Overview:

Each VERIDATE® Pill Dispenser has 28 pills. See **Figure A**.

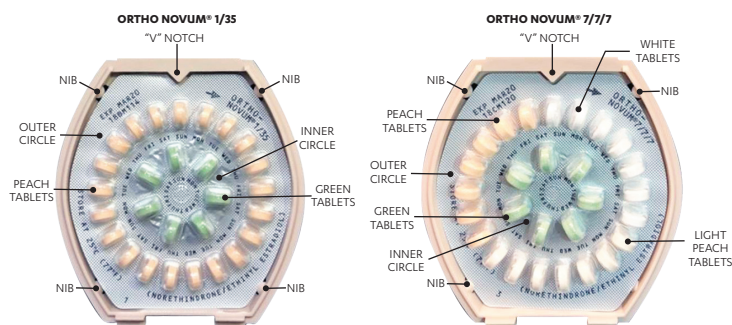


Figure A

ORTHO NOVUM® 1/35

- 21 peach pills with hormones, for Days 1 to 21
- 7 green pills (without hormones), for Days 22 to 28

ORTHO NOVUM® 7/7/7

- 7 white pills with hormones, for Days 1 to 7
- 7 light-peach pills with hormones, for Days 8 to 14
- 7 peach pills with hormones, for Days 15 to 21
- 7 green pills (without hormones), for Days 22 to 28

STEP 1

Place the refill in the VERIDATE® Pill Dispenser so that the “V” notch in the refill is at the top of the dispenser. Press the refill down so that it fits firmly under all the nibs. See **Figure B**.

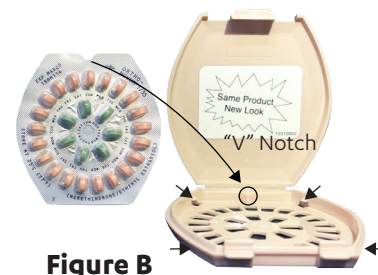


Figure B

STEP 2

Sunday Start:

Remove the first pill at the top of the dispenser (**Sunday**) by pressing the pill through the hole in the bottom of the dispenser. See **Figure C**.

- If your healthcare provider tells you to start taking your pill on Sunday, take your first pill on the first Sunday after your period begins.
- If your period begins on Sunday, take your first pill that day.

Day 1 Start:

If you take ORTHO NOVUM® 1/35:

- If your healthcare provider tells you to start taking your pill on “**Day 1**,” choose a peach pill that corresponds with the day of the week on which you are taking the first pill.
- Remove that peach pill by pressing the pill through the hole in the bottom of the dispenser. See **Figure D**.

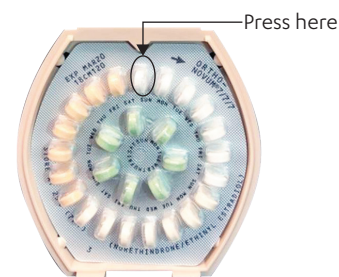


Figure C



Figure D

If you take ORTHO NOVUM® 7/7/7:

- If your healthcare provider tells you to start taking your pill on a day other than Sunday, you will need the calendar label found in your pill package and place it over the calendar in the center of the VERIDATE®.
- To correctly place the calendar label on the VERIDATE:
 - find your correct starting day
 - find that day printed in blue on the label
 - line your blue starting day up with the first white pill which is directly under the V notch at the top of the dispenser.
- Remove the label from the backing. Press the center of the label down onto the center of the printed calendar.
- Remove that white pill by pressing the pill through the hole in the bottom of the dispenser.

STEP 3

Continue taking 1 pill every day from the VERIDATE® in a clockwise direction until no pills remain in the outer ring. See **Figure E**.

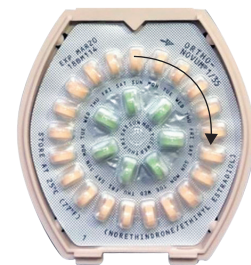


Figure E

STEP 4

The next day take a green pill from the inner ring. See **Figure F**.

- Continue to take a green pill each day until all 7 pills are taken.
- During this time your period should begin.

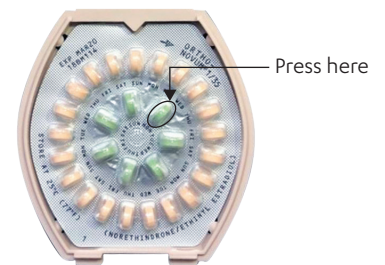


Figure F

STEP 5

Insert a new refill:

- After you have taken all the green pills, insert a new refill into the VERIDATE® Pill Dispenser and take the first pill on the next day, even if your period is not yet over.
- Lift the empty refill out of the VERIDATE® Pill Dispenser. See **Figure G**.
- Follow the instructions in Step 1 to replace the new refill.



Figure G