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

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.

STEP 2. Starting Your Pills.
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 your healthcare provider tells you to start taking your pill on “DAY 1” choose a blue pill that corresponds with the day of the week on which you are taking the first pill. See Figure D.
- Remove that blue 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® Pill Dispenser in a clockwise direction until no pills remain in the outer ring. See Figure E.

STEP 4

The next day take a dark green pill from the inner ring. See Figure F.
- Continue to take a dark green pill each day until all 7 pills are taken.
- During this time your period should begin.

STEP 5

Insert a new refill:
- After you have taken all the dark green pills, insert a new refill into the VERIDATE® 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.