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**
**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 a day other than Sunday, you will need the calendar label found in your pill package. Place it over the calendar in the center of the VERIDATE® Pill Dispenser.
STEP 5

Insert a new refill:

• After you have taken all the dark 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.
• Follow the instructions in Step 1
• Lift the empty refill out of the VERIDATE® Pill Dispenser. See Figure F.
• Follow the instructions in Step 1 to replace the new refill.