

Appendix. Text Message Intervention Content

Welcome Message

1. Welcome to our study and thank u 4 participating. U will receive info about the pill. Time 2 take ur pill.

Time Change Reminder Message

1. If u want to change the time of ur pill reminder, go 2 our website.

Educational Messages

1. The pill is a daily hormonal contraceptive.
2. The pill has hormones similar 2 those produced by a woman's body.
3. The pill may have a combination of estrogen and progestin or progestin only.
4. The pill may work by thickening the cervical mucus so sperm cannot enter the uterus.
5. The pill may also work by keeping the ovaries from releasing eggs.
6. If 100 women use the pill, 8 will become pregnant within the 1st year with typical use.
7. If 100 women use the pill, fewer than 1 will become pregnant with perfect use.
8. The pill may be less effective if taken with drugs that control seizures.
9. The pill may be less effective if taken with drugs that treat certain mental illnesses & HIV/AIDS.
10. Tell ur doctor if u take any medications other than the pill, including herbs and over-the-counter drugs.
11. Tell every doctor u see that u r taking the pill.
12. The pill does not protect you from getting sexually transmitted infections.
13. Condoms can protect against sexually transmitted infections.
14. Women on the pill have more regular periods.
15. U may have less menstrual cramping on the pill.
16. U may have less blood loss on the pill.
17. The pill improves anemia.

Castano PM, Bynum JY, Andrés R, Lara M, Westhoff C. Effect of daily text messages on oral contraceptive continuation: a randomized controlled trial. *Obstet Gynecol* 2011;119.

The authors provided this information as a supplement to their article.

18. Women on the pill have fewer ovarian cysts.
19. Women on the pill have fewer noncancerous breast tumors than women not on the pill.
20. The pill protects against cancer of the uterus.
21. The pill protects against cancer of the ovaries.
22. The pill decreases the risk of pelvic inflammatory disease or PID.
23. The pill decreases the risk of ectopic pregnancy.
24. Women on the pill tend to have less acne.
25. The ability to become pregnant returns quickly once you stop taking the pill.
26. You should have regular physical exams.
27. You should have regular screening for STIs and cancer.
28. The pill is very effective at preventing pregnancy.
29. If you have side effects and are worried, talk to your doctor.
30. Your bleeding may get much lighter and shorter on the pill. This is not bad and will not affect your periods in the future.
31. Taking the pill is safer for your health than being pregnant.
32. If you have any nausea, it should go away with time.
33. Any spotting you experience on the pill will get better with time.
34. Any breast discomfort you may have should get better with time.
35. You should not use the pill if you have uncontrolled high blood pressure.
36. You should not use the pill if you have had a stroke, heart attack, or serious heart valve problems.
37. You should not use the pill if you have had blood clots in your veins or blood-clotting disorders.
38. You should not use the pill if you have had serious liver disease.
39. You should not use the pill if you have had liver cancer.
40. If you have migraines, discuss your pill use with your doctor.
41. You should not use the pill if you are pregnant.
42. Tell your doctor if you have chest pain, leg pain or leg swelling while taking the pill.
43. Tell your doctor if you have difficulty breathing while taking the pill.
44. Tell your doctor if you have yellowing of the skin or eyes while on the pill.

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45. Tell ur doctor if u have a new breast lump.

46. Women who use the pill have a slightly greater risk of developing blood clots in their legs.

47. Women who use the pill have a slightly greater risk of having a heart attack or a stroke.

2-way messages

1. We want 2 check if u r receiving these messages. Please reply 2 this message with "1" or "YES".

2. We want 2 know if ur receiving this message at the time u requested. Please reply "1" for Yes or "2" for No.

3. We want 2 know how ur doing with the pill. How many pills did u take in the last 7 days? Pls reply with a #.

4. Have u forgotten 2 take any pill in the last week? Please reply "1" for Yes or "2" for No.

Goodbye Message

1. Thank u for participating in our study. Good luck with ur pill.