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## First Over-the-Counter Birth Control Pill Has Been Approved in the U.S.



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The first ever over-the-counter birth control pill has been approved by the U.S. government. The Food and Drug Administration (FDA) announced on Thursday that the birth control pill, Opill, will be made available without a prescription for women of all ages. This decision aims to reduce barriers and improve access to contraception for women.

In an official statement, the agency highlighted that this move will contribute to empowering women in managing their reproductive health.

The manufacturer of Opill has expressed their intentions to make the product available over the counter in early 2024.

Doctors commonly state that the progestin-only pill, often referred to as the "minipill," is considered a safe form of contraception because it does not contain oestrogen, which implies that it has fewer side effects and health risks.

The U.S. has joined over 100 countries worldwide in making the birth control pill available over the counter. Many countries in Latin America, India, China, the United Kingdom, and various other nations have already implemented over-the-counter access to the birth control pill.

During the hearing, certain scientists raised concerns regarding the understanding of young individuals and those with limited literacy when it comes to understanding the directions and instructions.

However, committee members reached a consensus that women with breast cancer were already likely to be in regular contact with their healthcare providers and aware they should not take hormonal contraception.

Experts highlight that women, particularly teenagers, face several barriers when trying to access reproductive health services. These barriers include factors such as limited or lack of health insurance coverage and difficulties in finding transportation to doctor's appointments.

Ensuring that birth control is available without a prescription brings many benefits to women and teenagers, including reducing unintended pregnancies.

The price of the pill, particularly for young people, remains a significant concern. Affordability is a crucial factor in ensuring access to contraception. To address this issue, Advocates for Youth, a non-profit organisation who pushed for the pill's approval, plans to advocate for insurance companies to cover over-the-counter purchases of the birth control pill.

Source: [BBC News](#)

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