

Gynaecology Update

Postponing periods

Traditionally – norethisterone – 5mg tds 3 days before expected period

Increased risk of VTE if high dose and also norethisterone is partially metabolised to ethinyloestradiol. Daily dose of 10-20mg NE (i.e. what would prescribe for delaying period) is equivalent to 20-30mcg COCP. (probably why it works!). For VTE RISK – treat it as a COCP. Therefore avoid if increased risk VTE (often going on long haul flight also!). Also avoid in eg women with focal migraine.

Alternatives

MEDROXYPROGESTERONE ACETATE (provera) – 10mg tds . Safer alternative. Start a few days before period/holiday.

(not licensed as a contraceptive at this dose).