Delaying period

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. GP Update
2. Dorset Medicines Advisory Group
3. Postponing menstruation: choices and concerns, Diana Mansour, J Fam Plann Reprod Health Care 2017.

Management

Norethisterone 5mg TDS,
started 3/7 before period is due,
and continued throughout holiday.
Bleeding occurs 2-3/7 after stopping.

note alternative dosing

With forward planning, you can alter the timing of the period instead.
Norethisteone 5mg BD for 10/7 to induce a bleed.
Ths will move the date of the subsequent period.

exclude contra-indication

- Obesity.
- Pregnancy.
- Imobile/wheelchair bound.
- Hepatic disease.
- History of breast cancer.
- Undiagnosed vaginal bleeding.
- Genital tract tumours.
- Angina / MI.
- Thrombophilia.
- History of VTE.
- Strong FHx of VTE.

- The risk of VTE occurs due to this progestogen being aromatised to ethinylestradiol.
- Therefore, it is equivalent to a COC pill.
- So if you would not give a COC, then you should not give norethisterone either.

if contra-indicated

Medroxyprogesterone 10mg TDS,
started 3/7 before period is due,
and continued throughout holiday.
Bleeding occurs 2-3/7 after stopping.

note alternative dosing

Dr Sarah Grey (GPwSI) recommends medroxyprogesterone 20mg OD,
started 3/7 before period is due and continued throughout holiday.

With forward planning, you can alter the timing of the period instead.
Medroxyprogesterone 10mg BD for 10/7 to induce a bleed.
Ths will move the date of the subsequent period.