Snaith & Rawcliffe Medical Group

You have asked the GP surgery about delaying a period. Please read the following information and if you require a prescription complete the attached form and hand in to reception or email to general.enquiries-b81029@nhs.net

Please do this as soon as possible to enable a GP to make a clinical assessment of your request in good time for your holiday/occasion.

# Delaying a Period

Some women may wish to delay a period. This may be if a period is due at a time that would be inconvenient; for example, on a special holiday, during an exam, etc. Delaying a period cannot be guaranteed but the following usually works.

## Women taking the combined oral contraceptive pill

If you are taking a fixed-dose combined oral contraceptive pill (COCP - often just called 'the pill') then simply start the next pack without the usual 7-day break. Taking two packs back-to-back in this way is safe if it is done occasionally. You still only need to have a 7-day break at the end of these two packets. If you are taking a triphasic or biphasic type of pill (which means the pills vary through the pack) then you will need to take the last phase of the pills from the second pack immediately after finishing the first pack. Alternatively, you can change to a fixed-dose pill. You should see your doctor or nurse if you are not sure which pill you are taking.

### How does this work?

Women taking 'the pill' do not have normal periods. Rather, they are withdrawal bleeds which occur when the oestrogen in the pill is not taken. The hormones in the pill help to sustain the lining of the womb (uterus). The

withdrawal bleed will not normally occur until the pill is stopped and the level of hormone in the body falls (usually once a month in the 7-day break between pill packs). If you are not already taking 'the pill' then you may consider starting it if it is likely to be a suitable contraceptive for you in the future. You will have to start it a few weeks before your holiday though to ensure you do not have a

period when you are away. An appointment with a GP or one of our family planning trained practice nurses is needed to start the contraceptive pill.

## Women not taking 'the pill'

If you are not taking 'the pill' then a hormone tablet called Norethisterone (NET)at a dose of 5mg 3 times daily can be prescribed. These should be started 3-4 days before a period is due. It can be continued for up to two weeks or so until you want to have a period. Your period will then normally begin 2-3 days after stopping it. NET is normally safe to take. However, if you have an increased risk of cardiovascular disease or of having a deep vein thrombosis (DVT) this method may not be suitable for you- and then we will prescribe a different progestogen tablet called Medroxyprogesterone Acetate(MPA) instead, at a dose of 20mg daily.

**There is a questionnaire at the end of this leaflet which provides your GP with important information to assess your risk-this MUST be completed if you want to use this medication. Your doctor will assess your risk of thrombosis and will only issue the medication if they are happy that it is medically safe to do so.**

Some women have side-effects such as bloating, stomach upset, breast discomfort and reduced sex drive (libido).

### How does this work?

NET/MPA are progestogen hormones. Progestogens are hormones that sustain the lining of the womb (uterus). Normally at the time before a period there is a fall in the level of progestogen hormone in the body. When it falls below a certain level, the lining of the uterus is shed as menstrual period. By taking NET/MPA tablets (progestogen) the lining of the uterus is sustained until the tablet is stopped. **Note**: NET/MPA taken in this way is **not** a contraceptive.

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## Request for prescription to delay a period

**EMIS number (if known):**

**Name:**

**Date of birth:**

**Date of holiday (or event for which you wish to delay your period)**

**Duration of holiday**

**Approximate date of expected period**

**SAFETY QUESTIONNAIRE-MUST BE FULLY COMPLETED**

**Family History of Blood Clots or Deep Vein thrombosis?**

Yes/No If Yes, please give details

Which family member**? ……………………………….**

Age when occurred? **……………………………….**

**Have you suffered from a blood clot or been told you have an increased**

**risk of this condition?**

Yes/No If Yes, please give details

**…………………………………………………………………………………………………………**

**Are you currently taking any medications to control High Blood Pressure?**

Yes/No

**Do you have any other heart/circulation problems?**

Yes/No If Yes, Please give details

**Migraine with Aura-Do you currently have, or have you had within the last 5 years?**

Yes/No

**Current Smoker?**

Yes/No If Yes, please state daily cigarette or weekly tobacco consumption

……………………………………………………………………………………………

If you are an ex-smoker aged 35yrs or older, did you give up smoking less than a year ago?

**Current weight** ………..kg **Current height** ………….m

**Blood pressure** ……./…….

**You can check these at the surgery without an appointment-please ask at Reception.** If you think you have had the above information checked at the surgery within the last 6 months, please ask at reception as these details can be added to the form if this is the case.

Yes/No/not applicable

Signed

*Please hand form to a receptionist or*

*email to general.enquiries-B81029@nhs.net*

*Please leave at least 7 working days from receipt of this form before collecting your medication from our dispensary, or prescription from reception. If you use a pharmacy and have signed up for Electronic Transfer of Prescriptions, the medication request will be sent in this way and you will not have to collect a paper copy from the surgery.*

*You will be contacted by the surgery if the GP needs to discuss your request further.*

***For GP Use Only: NET 5mg tds MPA 20mg od***

***NET NOT to be issued for UKMEC 3 or 4 COCP categories-check above info and medical record(if needed refer to UKMEC Summary on MPF)***

***Use MPA if: BMI>35; Smoker aged 35 or over, or stopped within last 12m; consistent BP > 140 or 90;Migraine with aura or within 5y;PMH VTE or FH in 1st Deg rel <45y;DM with complications; Multiple risk factors for CVD; PMH Hypertension etc***

***Date ……………………….. GP Initials ……………………..***

***NET issued? Yes/No***

***Reason if not issued ……………………………………………………………..***

***MPA issued? Yes/No***

***Reason if not issued ……………………………………………………………..***

***FB***

***26/09/16***

***Updated 25/5/18***