

## Primrose Lane Medical Centre

### Information about using Norethisterone to delay a period

Norethisterone can be used to delay a period, for example before a holiday. Recent studies suggest that the strength of the hormone 'progesterone' in this prescription is equivalent to that in the combined contraception pill. Progesterone can increase the risk of developing blood clots (known as deep vein thrombosis/DVT and pulmonary embolism/PE) in women with certain risk factors. These risk factors include:

- Obesity (BMI more than 30)
- Smoking
- Previous history of blood clots in yourself or close family members
- Blood clotting disorders e.g. thrombophilia
- Immobility e.g. wheelchair-bound or going on long journeys

For more information regarding blood clots and risk factors, please look at <https://www.nhs.uk/conditions/blood-clots/>

### How to take norethisterone

You'll usually be prescribed 3 norethisterone tablets a day, starting 3 to 4 days before you expect your period to begin.

Your period should arrive 2 to 3 days after you stop taking the medication.

But norethisterone does not act as a contraceptive when used in this way, so you could still get pregnant.

You'll need to use another type of contraceptive, such as a condom.

How well it works in delaying periods also varies between women.

Some women taking norethisterone have reported side effects, such as:

- breast tenderness
- nausea
- headache
- disturbances in mood and sex drive

If you would still like a prescription to delay your period, please complete and sign the form below and return to reception.

Name:

Date of Birth:

Address:

Contact Telephone number:

Height:

Weight:

Smoker:  YES – please state how many per day \_\_\_\_\_  NO

Current contraception  YES  NO

When is your next period due? \_\_\_\_\_

What are the dates of your holiday? \_\_\_\_\_

Where are you going? \_\_\_\_\_

Have you had any abnormal bleeding?  YES  NO

Please confirm that you are NOT pregnant prior to using norethisterone

Non pregnancy confirmed  YES

I confirm I have read the above information and understand that there is an increased risk of venous thromboembolism (blood clots) associated with taking Norethisterone.

Signed:

Date: