

## **Shortened Break**

New guidance advises women to shorten their 'break' to 4 days. This means that if any pills are missed when restarting, there is less chance of the pill not working. Take one pill a day for 21 days, then no pills for the next 4 days.

Take one pill a day for 21 days.

Start on the 1st or 2nd day of your period or as instructed by your doctor/nurse.

Have a 4 day pill free interval or 'break' when you have finished the packet.

During these 4 days you will usually have a bleed. It may be shorter and lighter than your natural period.

On the 5th day, start the next packet of pills, even if you are still bleeding.

## Tricycling

This means taking 3 packets of the pill, then having a 4 day break. After the 4 day break, restart the pill and repeat the cycle. During your 4 day break you will likely have a bleed. Tricycling packets reduces how many bleeds you have in a year. This can be helpful if you have troublesome symptoms when you have a 'period'.

Take one pill a day for 9 weeks.

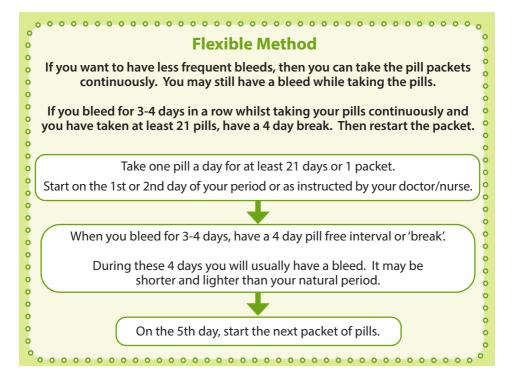
Start on the 1st or 2nd day of your period or as instructed by your doctor/nurse.

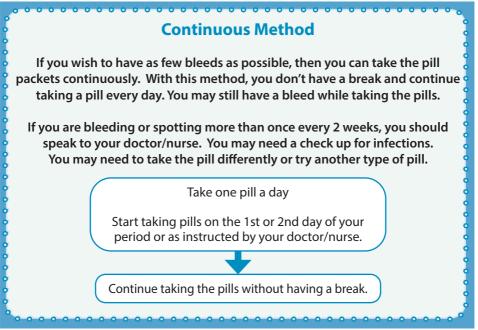
Have a 4 day pill free interval or 'break' when you have finished 3 packets.

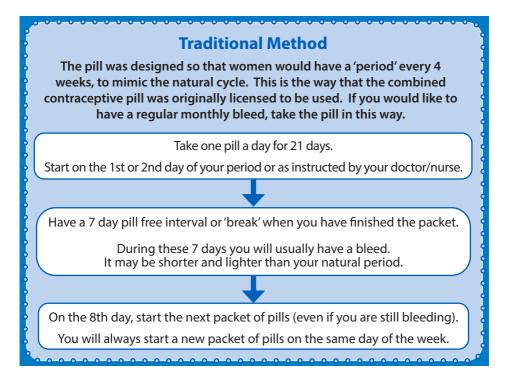
During these 4 days you will usually have a bleed. It may be shorter and lighter than your natural period.

On the 5th day, start the next packet of pills,

even if you are still bleeding







## **Contact Us**

Appointment line 0345 702 3687 Helpline 07736 955 219 (Mon–Fri 1pm to 2pm) Email: dg.sexual-health@nhs.scot Facebook message: Sexual Health D&G www.sexualhealthdg.co.uk

## **Further Information**

- Family Planning Association: www.fpa.org.uk
- Contraception Choices https://www.contraceptionchoices.org/

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