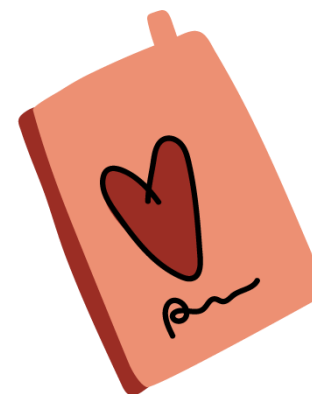




Longcycle-treatment with birthcontrol- patches

**Ungdomsmottagning
Västra Götaland**

www.vgregion.se/ungdomsmottagning



Longcycle-treatment

Most people who use birthcontrol-patches may choose to bleed less often than once a month. This is completely harmless and provides better protection against pregnancy.

For it to work:

- Remove the patch and put on a new one, once a week, without pausing, until you have a bleed. It is not possible to predict when the bleed will come.
- When you start bleeding, take off the patch the same day and be without a patch for four days.
- Put on a new patch on the fifth day, regardless of whether the bleeding is over or not.
- Continue to shift the patch every week, without pausing, until you bleed again. Then again pause for four days, and so on.



Bild från UMO.se

If you want to schedule bleeding periods

It varies between people how long it is possible to use patches continuously without bleeding. If you wish, you can try to plan a bleeding period as below:

- Keep shifting patches every week without interruption, until you want to induce a bleed.
- Then remove the patch and be without any patch for four days. After one or a few days, a bleeding usually comes.
- Put on a new patch on the fifth day, regardless of whether the bleeding has started or ended.
- Continue to change the patch every week without interruption, until the next time you want to plan a bleeding period. Then again, pause for four days, and so on.

Important!

You must use patches for at least 21 consecutive days (three patches one after another) before a pause, otherwise there is a risk of becoming pregnant.