

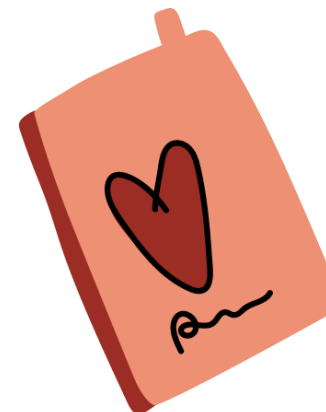


Longcycle-treatment with birthcontrol pills

Most people who take so-called combined birth control pills (with both estrogen and progestogen hormones) can safely choose to bleed less often than once a month. It provides better protection against pregnancy.

**Ungdomsmottagning
Västra Götaland**

www.vgregion.se/ungdomsmottagning



For it to work:

- The pill must contain estrogen. If you are unsure which variety you have, ask your midwife.
- The pill must be of the kind where all the hormone pills on the chart are the same.
- There should not be hormone-free pills (sugar pills) in the chart. If you do have hormone-free pills in your map, skip them and proceed directly to a new map when the hormone pills in the first map are finished

What to do:

- Take one pill a day, for at least 21 days without pausing, and continue until you start bleeding. It is not possible to predict when the bleeding will come.
- When you bleed, take a break with the pills for four days.
- Start taking the pills again on the fifth day, regardless of whether the bleeding is over or not.
- After that, continue to take one pill a day, without pausing, until you bleed again. Then again pause for four days, and so on.

If you want to schedule bleeding periods

It varies between people how long it is possible to take the pill daily without bleeding. If you want to, you can try to plan bleeding as described below:

- Take one pill a day without interruption until you want to induce a bleeding
- Then pause the pill for four days. After one, or a few days, usually a bleeding will come.
- Start taking the pill again on the fifth day, regardless of whether the bleeding has started or ended.
- Then continue to take one pill a day, without interruption, until the next time you want to plan a bleeding. Then again pause for four days, and so on

Important!

You must take the pills for at least 21 uninterrupted days before taking a pause. Otherwise, there is a risk of getting pregnant.