

How can I delay my period?

The Practice is commonly asked this question during the holiday season.

If you wish to discuss this you need to book a **ROUTINE** face to face appointment prior to your holiday. No emergency appointments will be given.

An alternative way to access the medication Norethisterone is to use Boots online website.

There are several different ways to delay your period but none are guaranteed.

1. The combined contraceptive pill

- A contraceptive pill containing oestrogen and progesterone which is taken in cyclical fashion with 21 days of pill taking and 7 days without during which you have a bleed.

2. A medication called Norethisterone

- Norethisterone is a progesterone containing medication which can be used to delay periods.
- This hormonal medication needs to be started 3 days before your expected period and continued for the duration of time during which you do not wish to have a period.
- Possible side effects include **bloating, breast tenderness, mood swings and changes in libido.**
- People who are unable to have Norethisterone include those who have a **previous history of clots, breast feeding, cardiac problems, complicated diabetes, liver problems and migraine with focal neurological symptoms.**
- Not everyone can have Norethisterone as in some people it can **increase the risk of clots in the legs or lungs.** The doctor will need to undertake a clinical assessment to determine your risk and may in some cases not prescribe the medication.