

Period Delay

Patient Leaflet

How can I delay my period?

There is no guaranteed way to delay your period, but there are two possible ways, depending on whether you take a combined contraceptive pill or not.

If you do not take a combined contraceptive pill

If you want to delay your period and you're not taking the combined contraceptive pill it may be possible to prescribe a medication called **norethisterone** or **medroxyprogesterone** to delay your period.



- 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.
- Neither medication acts 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.
- Norethisterone may not be suitable for everyone, for example if you have breast cancer or a history of blood clots. Speak to a GP for more information.
- How well it works in delaying periods also varies between women.

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

- irregularities in menstrual cycle
- breast tenderness
- nausea
- headache
- disturbances in mood and sex drive

These medicines are also available through private providers, such as online pharmacies/ online doctors. Always check that these pharmacies are registered and legitimate. Some examples are below:

[Period Delay Tablets - Pills & Medication | LloydsPharmacy Online Doctor UK](#)

[Period Delay Prescription Tablets | Boots Online Doctor](#)

[Norethisterone Tablets | Superdrug Online Doctor](#)



If you wish us to prescribe, then please book an appointment with our **Clinical Pharmacist, Natalie or a routine appointment with a GP.**

You may find this takes longer than going through one of the private providers listed.

Taking the combined pill back to back

If you take a combined contraceptive pill, you can delay your period by taking the packets back-to-back. How you do this will depend on the type of pill you take.

Examples are:

- **Monophasic 21-day pills**, such as Microgynon and Cilest – you take a combined pill for 21 days, followed by 7 days without pills, when you have a bleed (period). To delay your period, start a new packet of pills straight after you finish the last pill and miss out the 7-day break.
- **Everyday (ED) pills**, such as Microgynon ED and Lorynon ED – you take a combined pill every day. The first 21 pills are active pills and the next 7 pills are inactive or dummy pills, when you have your period. To delay your period, miss out and throw away the dummy pills, and start the active pills in a new packet straight away.
- **Phasic 21-day pills**, such as Binovium, Qlaira and Logynon – the mix of hormones in each pill is different, depending on which phase you're in. You need to take these pills in the correct order to have effective contraception. Speak to your pharmacist, community contraception clinic or GP for more information before taking phasic pills back-to-back.

Taking your contraceptive pills in the ways described above will not affect how they work as contraceptives.

If you're not sure which pill you're on, which pills in the packet to miss out, or you need advice, speak to your pharmacist, community contraception clinic or GP.



Progestogen-only contraceptive pill

If you're taking a progestogen-only contraceptive pill, you cannot delay your period by taking packets back-to-back.

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