

Contraceptive pills, continuous use

You have been prescribed continuous-use / extended-use contraceptive pills. The goal of the treatment is to create a period of time when you have no monthly bleeding, and make it as long as possible. This will benefit the treatment of certain conditions, such as endometriosis. The continuous use of contraceptive pills is also recommended for women who suffer from menstrual pain or other difficult symptoms which are associated with menstruation.

Your doctor will choose the most suitable option from the following options

- Pills which have 21 hormone pills:

Start a new strip immediately after finishing the previous strip. If you experience bleeding during the continuous use, take a 4 day break from the pills. You will experience a withdrawal bleed either during or after the break. After the break, continue taking the pills as instructed above.

- Vaginal ring:

Insert a new vaginal ring immediately after you have removed the previous one. A vaginal ring is changed every three weeks. If you experience bleeding during the continuous use, take a 4 day break from the pills. You will experience a withdrawal bleed either during or after the break. After the break, continue using the vaginal ring as instructed above.

- Pills that have so-called placebo pills (pills that do not contain active substance):

Start a new strip immediately after the previous strip without taking the placebo pills. There are usually 4 placebo pills and they are different color than the pills containing active substance. If you experience bleeding during the continuous use, take a 4 day break from the pills. You will experience a withdrawal bleed either during or after the break. After the break, continue taking the pills as instructed above.

- Qlaira:

Skip all the pills that come in pairs! Skip the two dark yellow pills from the start of the strip and start the strip from the third pill. When you have used the last light yellow pill, start a new strip without a pause. Skip the two dark red and the two white pills at the end of the strip. If you experience bleeding during the continuous use, take a 4 day break from the pills. You will experience a withdrawal bleed either during or after the break. After the break, continue taking the pills as instructed above.