

# CYCLE MANIPULATIONS

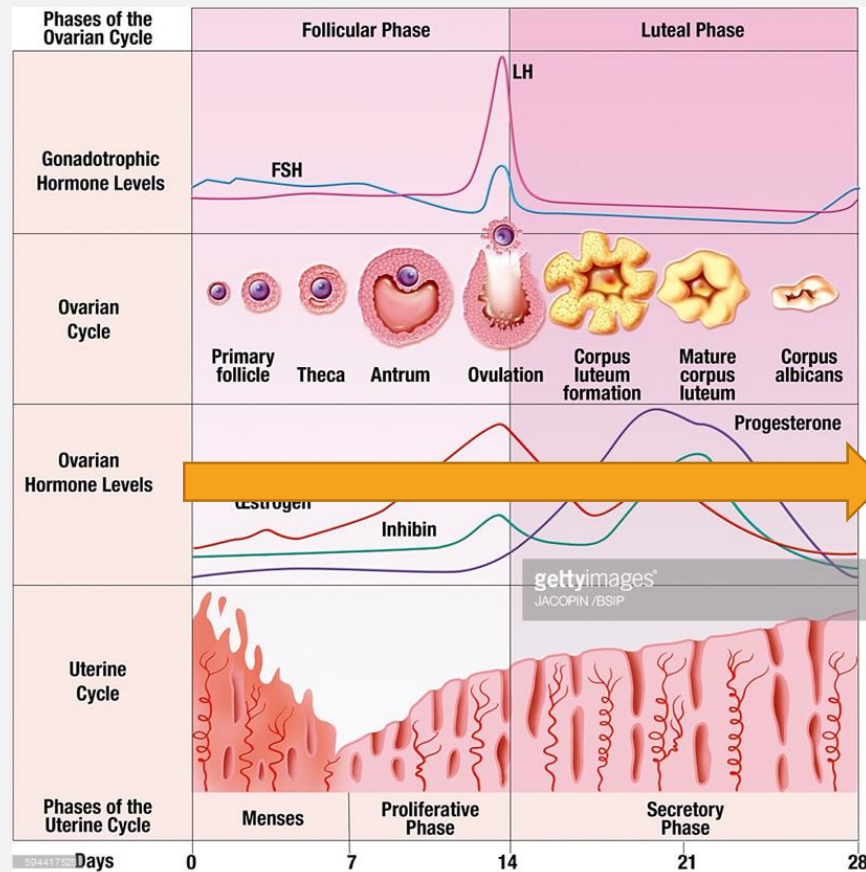
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Kallah Teacher Certification Course

# MEDICAL TOOLS

- Combined Hormonal Contraception (Estrogen + Progesterone)
  - Oral contraceptive Pills (OCP)
  - Other applications (ring/patch)
- Progesterone Only
  - Non-contraceptive
    - Aygestin (norethindrone)
    - Provera (medroxy-progesterone)
  - Contraceptive
    - Mini-pill (norethindrone)
    - Mirena IUD
    - Depo-provera/Nexplanon

# WHAT MAKES THEM WORK?



# COMBINED METHODS

- Estrogen (Ethinyl Estradiol)
  - Stops pulsatile feedback from pituitary
  - Formulations vary by strength of EE
    - Lo-Loestrin (10mcg) → OrthCyclen (35mcg)
- Progesterone
  - Supports the lining and prevents breakthrough bleeding
  - Formulations vary by type/class of progestin
    - Norethindrone, Desogestrel, Levonorgestrel, etc.

# ORAL CONTRACEPTIVE PILLS

- Usually 3 weeks of “active pills” and 1 week of placebo
- Length of active phase – CYCLE LENGTH IS ARBITRARY
  - Standard = 21/7, Yaz = 24/4, Seasonale = 84/7
- Monophasic (all 3 weeks the same) vs. Triphasic (each week different)
- Side effects – bloating, mood swings, weight gain
  - Usually subside after first 2-3 cycles
  - Can adjust formulations as needed
  - Severe complications are rare (blood clotting, liver problems, blood pressure)
- Breakthrough bleeding
  - Most common in first 3 cycles, rare after
  - Can adjust dosing (higher E = less spotting) → Double dose does not help!
  - Worse with skipped pill



## OTHER COMBINED METHODS

- NuvaRing – Absorbed locally
  - Less side effects and breakthrough bleeding
  - Replace weekly
  - Take out before mikva – but can reuse same one
  - Can go longer between periods
    - Await spotting, take out for 3-5 days and then reinsert
- OrthoEvra (Patch)
  - Keep on for 3 weeks
  - ?Higher clotting risk
  - Absorbed through skin
  - ?Take off for mikva – hard to reapply



## PROS/CONS OF COMBINED

- Pros
  - Easy/Accessible
  - Well tolerated
  - Reliable
  - Works well for brides with irregular cycles
  - Many different formulation
  - Can continue after wedding if so choose
- Cons
  - Needs time
  - Some (usually minor) side effects
  - Skipped pills can lead to breakthrough bleeding
  - Many different formulations

# HOW TO PLAN A WEDDING

- Work backwards from the wedding day.
- Complete 3<sup>rd</sup> week of active pills on night before wedding.
- Add (or subtract) weeks in the beginning – to prevent spotting near the wedding

**2012**

July						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August						
S	M	T	W	T	F	S
			X	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Notes:

October						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notes:



## PROGESTERONE ONLY

- Aygestin usually (same formulation as minipill)
- Maintains lining of the uterus
- Can only be reliably used in someone with a REGULAR cycle
- Side effects – usually minor
  - Drowsiness, bloating, weight gain, constipation



# HOW TO PLAN A WEDDING

- Start in 3rd week of cycle **prior** to the wedding
- 1-3 tabs per day
- Continue until after consummation
- Will start bleeding 2-5 days after stopping
- May be heavier

**2012**

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S	M	T	W	T	F	S
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August						
S	M	T	W	T	F	S
			X	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	X	27	28	29
30						

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18	19	20	X	22	23	24
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December						
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30	31					

Notes:

# PROS/CONS PROGESTERONE ONLY

- Pros:
  - Can be used for short period of time
  - Works on relatively short notice
  - Can adjust dose
  - Not truly a birth control method
- Cons
  - Minor side effects
  - GYNs less comfortable/familiar
  - Need to have regular cycles

## THINGS TO REMEMBER

- Everyone reacts differently, not always predictably
- Cycles will resume after stopping method but from the point of new period!
- OCPs – more time is always better