

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## Continuous OC pill regimens are safe and acceptable

Traditional oral contraceptive (OC) regimes consist of a 7-day break after 21 days of pill taking. Symptoms such as headaches and bleeding during the break are often unwelcome. The break also risks 'escape ovulation' and subsequent pregnancy.<sup>1</sup>

Shortening the pill-free interval or eliminating it is acceptable and safe.<sup>2</sup> Tailored regimes include 21/4, 63/4, or 365/365 (daily pill-taking).

This Gem was written by Dr Orna McGinn who is the GP Liaison Women's Health ABHD Auckland.

### References:

1. Effect of missed combined hormonal contraceptives on contraceptive effectiveness: a systematic review. *Contraception* (2013) [View here](#)
2. Safety and bleeding profile of continuous levonorgestrel 90 mcg/ethinyl estradiol 20 mcg based on 2 years of clinical trial data in Canada. *Contraception* (2010) [View here](#)

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For more from Orna, check out her Friday workshop on Contraception, LARC insertions and managing menstrual challenges.

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