










Treatments for Problem Periods

Many teens have problems with their menstrual periods. **The good news is that there are safe and effective options to manage this problem.** These therapies are first-line, medical options for treating painful, heavy, or irregular periods. Most of these options are packaged as “birth control” but your provider is recommending them to treat your medical condition. Based on your specific situation, we may recommend certain one(s) during your visit.

Treatment Choice	How to Use	What to expect after the first 3-6 months
Norethindrone Acetate (NETA) 	Take 1 pill every day.	<ul style="list-style-type: none"> + Usually no periods when taken every day. + Less or no bleeding, less cramping and pain.
Pill 	Take 1 pill every day.	<ul style="list-style-type: none"> + Regular and lighter periods. + Can be used to have no periods at all.
Skin Patch 	Change every week.	<ul style="list-style-type: none"> + Less cramping and less pain. + Clearer skin.
Vaginal Ring 	Change every month.	<ul style="list-style-type: none"> + No weight gain.
Depo-Provera 	Shot every 3 months.	<ul style="list-style-type: none"> + Lighter or no periods after 6-9 months of use. + Less cramping and less pain. + May cause increased appetite
Progestin IUD 	Doctor places inside the uterus during pelvic exam. The IUD works for 7 years.	<ul style="list-style-type: none"> + Lighter or no periods. + Less cramping and less pain. + Less blood loss so increased iron levels with use. + No weight gain.
Implant 	Doctor places under skin of arm. Implant works for 3 years.	<ul style="list-style-type: none"> + May have no periods, or irregular bleeding. + Less cramping and less pain. + No weight gain.
Progesterone-Only Pill (POP)		
Norethindrone POP 	Take 1 pill every day.	<ul style="list-style-type: none"> + May have no bleeding, regular periods, or irregular bleeding.
Drospirenone POP 		<ul style="list-style-type: none"> + Regular and lighter periods, less cramping. + Can be used to have no periods at all.