

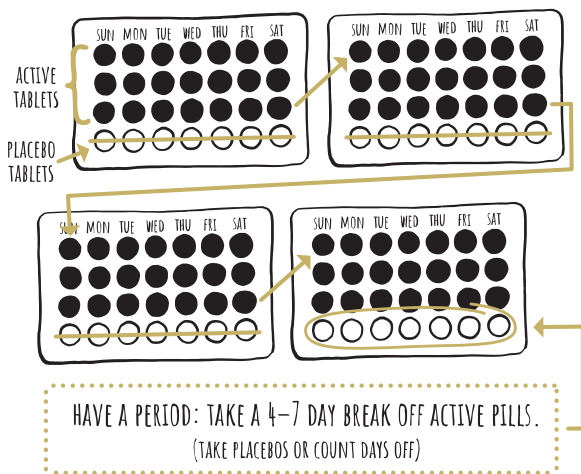


The Pill: Extended and Continuous Use

It is safe to skip monthly periods when using the pill. This is because the medication (progestin) keeps the lining of the uterus thin. If the lining does not build up, it is safe to not have a period every month. It's good to know that there are several treatment options for problem periods that stop or reduce menstrual bleeding. Check out our [Problem Periods](#) homepage to learn about all of them.



EXTENDED DOSING



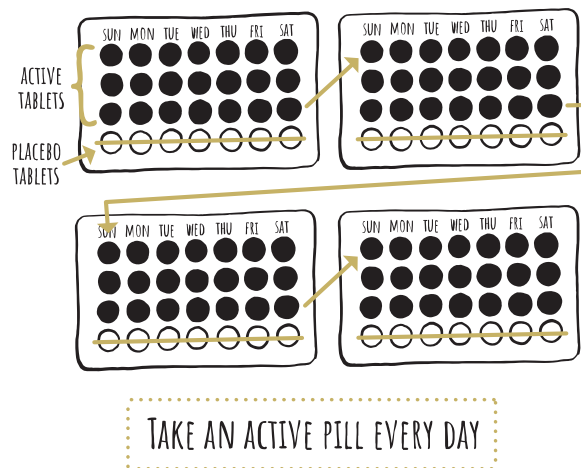
To have a period every 3 months (extended dosing):

1. Figure out what pills in your pack are **active pills** and **placebo pills**.
2. Take an active pill every day for 4 packs in a row. (Throw the placebo pills away.) For most packs there are 21 days of actives in each pack: $21 \times 4 = 84$ days of actives.
3. After 84 days of active pills, take a 4-7 day break from medication. You can take placebo pills during this break, or just count days off.
4. Start a new pack of pills after the 4-7 day break and repeat above.

To have no scheduled periods (continuous dosing):

1. Figure out what pills in your pack are **active pills** and **placebo pills**.
2. Take an active pill every day. (Throw the placebo pills away.)
3. If you start to have bleeding, take a 4-7 day break from medication. You can take placebo pills during this break, or just count days off.
4. Start back on active pills after the 4-7 day break.

CONTINUOUS DOSING



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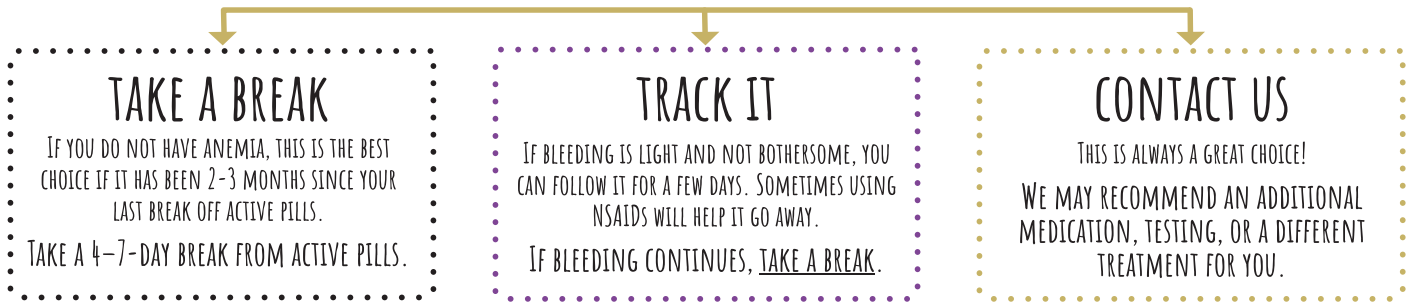
Find out more at: cupag.org/periods

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



What to when you have unexpected bleeding (also called, breakthrough bleeding)

- + The most common side effect with extended and continuous dosing is breakthrough bleeding. This means having bleeding when on active pills.
- + If you have anemia (low blood count), contact our office right away at (720-777-2667) if you have unexpected bleeding.



Here is what to do:

- + If you have breakthrough bleeding during the very first 3 weeks of using the pill, please call (720-777-2667) or MyChart our office on what to do next.
- + If you have been using the active tablets for longer than 3 weeks and you start to bleed, you have several choices: take a break, track it, or contact our office now.

Other things to know:

- + Be prepared for unexpected bleeding. Have a tampon or pad ready to use.
- + Make sure you are taking your pills at **exactly** the same time each day.
- + For some people, it can be 6 months or longer until breakthrough bleeding stops.

SET A TIMER ON YOUR CELL PHONE TO REMIND YOU TO TAKE YOUR MEDICATION AT THE SAME TIME EACH DAY.



Interested in learning more?
Check out our guide to problem periods!



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