**How to prescribe the Progesterone Only Pill.**

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Produced by Dr Lottie Cossey 28/04/2020

**Patient Information Leaflet.**

<http://www.fpa.org.uk/sites/default/files/progestogen-only-pill-your-guide.pdf>

**Benefits.**

* Safe with breast feeding.
* Reduced risk of ovarian and endometrial cancer.
* Easily reversible-no effect on fertility.
* No evidence POP causes weight gain.
* Safe for women of any weight.

**Counselling points.**

Fertility can return as early as 3 weeks after giving birth, starting the progesterone only pill (POP) before this gives immediate contraception.

It is recommended that women wait for 1 year before becoming pregnant again.

The POP does not affect breast feeding.

The POP works by stopping ovulation; it is 92% effective with typical use.

Women should contact their GP or Sexual Health services in plenty of time to gain further supplies.

**Allergies.**

**Peanut or Soya** allergy? You will need to prescribe **Cerelle or Cerazette.**

**Useful links.**

<https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-pop-mar-2015/>

<https://www.fsrh.org/standards-and-guidance/documents/contraception-after-pregnancy-guideline-january-2017/>

**Side effects.**

* Irregular bleeding.
* Breast tenderness.
* Acne.
* Changes in mood.

Side effects tend to improve after 3-6 months of use.

**Do not prescribe if**

**the woman…**

* Has had ischaemic heart disease or a stroke/TIA when taking contraception in the past or has multiple cardiovascular risk factors.
* Has previous or current breast cancer.
* Has severe cirrhosis or Hepatocellular adenoma or carcinoma.
* Has porphyria.
* Is taking an enzyme inducing drug including St John’s Wort.
* May not be able to absorb the pill due to gastrointestinal disorders or surgery.

If you are unsure about if POP is safe to prescribe please contact Solent Sexual Health on 03003002016 for advice.

**Risks.**

* Small increase in breast cancer risk, similar to other lifestyle risks.

**How to use.**

* The progesterone only pill is taken continuously without a break at the same time every day.
* If the pill is taken more than 12 hours late or the woman vomits within 3 hours then there is a risk of pregnancy from any sex.
* Condoms or abstinence must be used until the pill has been taken correctly for 48 hours when starting or after missed or vomited pills.