

TROUBLE SHOOTING BREAKTHROUGH BLEEDING (BTB) ON CONTRACEPTION

DISEASE- INFECTION/ MALIGNANCY.

- Consider examining the cervix.
- Testing for Chlamydia/Gonorrhoea*

DISORDERS OF PREGNANCY- ECTOPIC, MISCARRIAGE, RETAINED PRODUCTS

- Pregnancy test/USS

DEFAULT-COMPLIANCE

- BTB may be triggered 2 or 3 days after a single missed Pills episode and may be persistent thereafter

DIARRHOEA AND VOMITING.

- Diarrhoea has to be exceptionally severe.

DRUGS- ENZYME INDUCERS/SMOKER.

- BTB has been shown to be statistically more common in young smokers.

DURATION- PERSEVERE/ CHANGE BRAND/LARC/ DEPO-PROVERA?

- BTB after starting on any new formulation may settle, if the Pill taker perseveres for 3 months. The opposite may occur during tricycling or other sustained use, namely that the duration of continuous use has been too long for that woman's endometrium to be sustained, in which case a bleeding- triggered break may be taken.

DISTURBANCES OF ABSORPTION.

- Rare- after gut resection.

DOSE (PHASIC)

- After the above have been excluded, it is possible to try
 - A phasic Pill if the woman is receiving monophasic treatment
 - Increasing the progestogen then (maybe) the oestrogen dose.
 - A different progestogen – some evidence a Gestodene/ Desogestrel and Norgestimate give better cycle control than Levonorgestrel Pills.
 - Contraceptive guidelines - [Resource](#)