



Further information

- Info-Santé: 8-1-1
- www.masexualite.ca
- www.sexplique.org
- www.planningchrr.com

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.



www.santemo.quebec

Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest

Québec



B102 - JUILLET 2017

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CONTINUOUS HORMONAL CONTRACEPTION

What you need to know



Québec



Is menstruation necessary?

There is no physiological necessity for a woman taking hormonal contraceptives to menstruate. In any case, menstruation initiated by stopping hormones is purely artificial.

In a natural menstrual cycle, menstruation is triggered to cleanse the uterus when no fertilization has occurred. But, since the hormones prevent ovulation and thickening of the uterus, the bleeding that occurs when hormones are stopped no longer fulfills this function.

Taking contraceptives continuously is simply another way of using hormonal contraception. It is no more dangerous to health than the traditional cyclical method.

Women who use this method do not take any breaks (there are no non-hormonal pills), or if they do take a break, it is only when necessary.

This method reduces the number of periods per year.

Two important rules:

1. If bleeding occurs, it is recommended to stop taking hormonal contraceptives for **4 days** (7 days maximum).
2. Before pausing hormones or before stopping hormonal contraception, you must have **been on the regime for at least three weeks (21 days) continuously in order** for its effectiveness to be maintained. *Discuss with your health care practitioner whether this is a suitable option for you.*

Did you forget a pill?

1. If the oversight occurs 21 days or less from the time you began taking the pills continuously, or after an intentional break (break without hormones for 4 to 7 days):

If the delay is not more than 24 hours:

- Take one pill as soon as possible and continue taking a hormone pill every day.

If the delay is greater than 24 hours:

- Take one pill as soon as possible.
- Continue taking a hormone pill daily for a minimum of 21 consecutive days.
- Use a condom for **7 days following** the delay.
- Take an emergency oral contraceptive pill (ECP)* if you have had unprotected sexual intercourse or have experienced a broken condom in the 5 days before, during or after the delayed period.

2. If the oversight occurs more than 21 days after beginning to take the continual hormonal contraceptive pills or after an intentional break (break without hormones for 4 to 7 days):

If you forget for 7 days or less:

- Take a pill as soon as possible and continue taking a hormone pill every day.

If you forget for more than 7 days:

- Take a pill as soon as possible.
- Continue taking one hormone pill daily, for a minimum of 21 consecutive days.
- Use a condom for 7 days after re-starting the pills.
- Take an emergency oral contraceptive pill (ECP)* if you have had unprotected intercourse or have experienced a broken condom during or within 5 days of the delayed period.

***ECP = EMERGENCY CONTRACEPTIVE PILL (morning-after pill)**

You may obtain your ECP free of charge at Youth Clinics in high schools or at your local CLSC.

The ECP is also available for purchase in pharmacies, without prescription.

