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**PATIENT INFORMATION LEAFLET**

Practice stance on prescribing of Norethisterone for Period Delay

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Under new prescribing guidelines The Maples Health Centre, are unable to give medication to delay periods for travel or sport due to the increased risks of blood clots and Deep vein thrombosis (DVT)

 We can also no longer provide a private prescription for this. If you would like to postpone your period, over 17 year old’s can visit a pharmacy website such as Boots, Lloyds Pharmacy or Superdrug, have an online counselling session with a pharmacist and order the medication privately from them.

Some online pharmacies that provide this service are

* [Boots.com](https://onlinedoctor.boots.com/period-delay)
* [Superdrug.com](https://onlinedoctor.superdrug.com/norethisterone-tablets.html)
* [Lloyds Pharmacy Online](https://onlinedoctor.lloydspharmacy.com/uk/period-delay/how-can-i-delay-my-period)
* [Asda online Doctor](https://onlinedoctor.asda.com/uk/period-delay.html)
* [simple online Pharmacy](https://www.simpleonlinepharmacy.co.uk/online-doctor/period-delay-tablets/)
* [Dr Felix](https://www.drfelix.co.uk/health-center/is-norethisterone-available-over-the-counter/)
* [Dr Fox.co.uk](https://www.doctorfox.co.uk/period-delay/norethisterone.html)

Patients 16 and under are unable to use the online service to request this medication.

The combined Oral Contraceptive pill or the Progesterone only contraceptive pill may also have the effect of delaying or ceasing menstruation. Speak to your pharmacist, community contraception clinic or GP surgery for advice on if this is suitable for you.

Many local pharmacies now offer the contraceptive pill service and can initiate and repeat issue prescriptions going forward and give advice on how to take your contraceptive pill.