

Mini pill – Microlut

How does it work?

The mini-pill prevents pregnancy in several ways.

- It changes the cervical mucous consistency making it difficult for the sperm to reach the egg
- Changes the lining of the uterus making it less suitable for implantation
- It also has an influence on the hormonal regulation circuit which may contribute to the contraceptive action although it does not inhibit the release of eggs in the majority of women.

Is it effective?

The pregnancy rates of the mini-pill are higher than that of the combined oral contraceptive pill however when taken correctly the chances of becoming pregnant is low.

The Mini-pill and Breast feeding

The Mini-pill does not affect the quantity or quality of breast milk however minute amounts are excreted into the breast milk. Adverse affects on the child are very rare.

The mini-pill and other medications

Some medicines may stop the mini pill from working properly; these include medicines used for treatment of epilepsy and the herbal remedy St. Johns Wort.

What are the side effects?

Periods occur at normal intervals and are of normal duration and intensity in most cases. However irregular bleeding can occur

Irregular bleeding occurs mainly in the first few months of use but with continuing treatment the period pattern tends to stabilise

If you don't have any bleeding for six weeks consider a pregnancy test.

Thrombosis is the formation of blood clot which may block a blood vessel. The risk of this appears to be slightly higher in mini-pill users than in non-users but not as high as in pregnancy or during use of the combined oral contraceptive pill.

There is little or no evidence for an association with the mini-pill and increased risk of heart attack or stroke.