



## **PATIENT INFORMATION**

### POSTPONEMENT OF MENSTRUATION

Before using the preparations required for a menstrual shift, it is necessary for your safety to know certain reasons for exclusion and risk factors.

#### **Please read the questions below carefully.**

- Have you ever had a thrombosis (venous vascular occlusion) or embolism?
- Are there frequent cases of thrombosis, stroke or heart attack in your family (especially in young relatives)?
- Are you known to have an increased tendency to thrombosis (e.g. through a blood test)?
- Do you have or have you recently had superficial vein inflammation (thrombophlebitis)?
- Are you pregnant?

Only if you can **answer all questions with “No” with certainty** may a corresponding preparation be prescribed.

#### **Carrying out the menstrual shift:**

Please take the tablets as recommended in the prescription.

If you are not sure because there has been an unexpected change in your cycle or your travel plans, proceed according to one of the two following schemes, e.g. with Orgametril:

##### **Advance menstruation**

From the 5th day of the cycle (1st day of bleeding = 1st day of the cycle), take 1 tablet 3 times a day for at least 8 days. Premature bleeding begins 2 to 3 days after taking the last tablet.

*Dr. Rainer Lehner*

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### **Delaying menstruation**

Take the tablet 3 times a day for not more than 10 to 14 days, starting about 3 days before the expected menstruation. Bleeding occurs 2 to 3 days after stopping the tablets.

### **Note on travelling, with long periods of sitting:**

If possible, menstruation should be brought forward before long flights (but also before long car journeys).

Otherwise, follow the recommendations for travellers with a medium risk of thrombosis:

- leg exercises during the journey
- Sufficient fluid intake (at least 1/4 litre of water per 2 hours)
- Class 1 or higher compression stockings if necessary

### **Univ. Prof. Dr. Rainer Lehner and team**