



Bring menstruation forward

In general, it is more advisable to postpone a menstruation than to bring it forward. However, to bring it forward is also possible. If you take the pill regularly, you can shorten the time of taking the pill:

- Instead of taking the pill for 21 days, you can shorten the intake to a maximum of 14 days.
- Two to three days after you take the last pill, your bleeding will start.
- Take the pill break as usual – as usual, it amounts to a total of seven days.
- After that, start again with a new pill pack.

Postpone menstruation

If menstruation is to be cancelled completely, no pill break is taken.

- Continue taking the pill seamlessly immediately after the usual 21 days.
- Simply use a new pill blister for this.
- Continue to take the pill for as long as you want the bleeding to be postponed.
- After that, you can take the usual break where the bleeding comes