

## INFORMATION SHEET

# Ceasing Contraception

expert care  
for women

### When should we cease using contraceptives?

If you practice safe sex, before you cease using a condom it is recommended both of you have a blood test to screen for sexually transmitted diseases. You could also use this blood test to gauge your immunity to rubella and chicken pox. Simply visit your general practitioner for the blood test.

Women who use the contraceptive pill should generally stop taking it approximately three months before trying to fall pregnant. The oral contraceptive should be ceased at the end of the active tablets, with a period resulting a few days later.

For other forms of contraception such as hormone injections, intrauterine device or a progestin implant please speak with your general practitioner or obstetrician about ceasing the contraception.

### Once contraception is ceased, when could a pregnancy occur?

As soon as you cease contraception you may fall pregnant. However, often your body will need time to readjust to your natural cycle after using a hormone contraceptive. Once your normal menstrual cycle has been re-established you will be more likely to conceive.

### Can I expect any side effects when I stop taking a hormone contraceptive?

Your cycle will return to what it was prior to taking a hormone contraceptive. If your period was heavy and only lasted a short number of days before taking the pill your period should return to this same pattern when you cease taking the pill.

### Can a hormonal contraceptive harm by baby?

If you are pregnant and you are using a hormonal contraceptive it is recommended you cease immediately and discuss the situation with your obstetrician, as the hormonal contraceptive may occasionally impact on the health of your baby.