

# Hormonal Forms of Treatment

## Hormonal forms of treatment in conjunction with gynecology or adolescent medicine

### 1. Progesterone (Norethindrone 5mg)

- Good with anovulation (infrequent periods) due to the lack of progesterone
- Acute treatment: 10 mg by mouth, once daily for 21 days
- Prophylactic treatment: 7-10 days/month

### 2. Combined oral contraceptive pill

- Decreases flow by 50%. Good with anovulation/irregular menses
- Sprintec 1 tablet daily until follow-up, Do not take placebos.
- Ethinyl estradiol 35mcg/norgestimate 25mcg

*These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly these guidelines should guide care with the understanding that departures from them may be required at times.*