

## Contacts:

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The information in this leaflet is available in additional languages and alternative formats.  
Please contact the Trust for further details.

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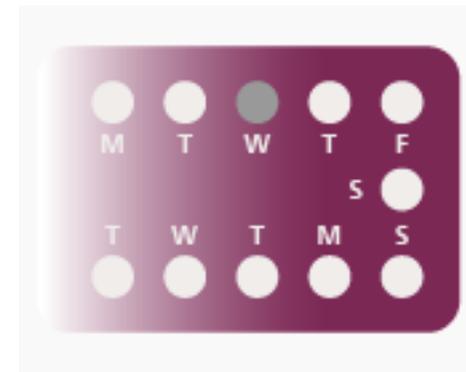


**Sexual Health  
Dorset**

## Extended Pill (Sulak) Regime

The Sulak regime is named after the doctor who first described a regimen for taking the combined oral contraceptive pill continuously.

This leaflet explains how to take the pill in this way, and the benefits of the regimen.



[www.sexualhealthdorset.org](http://www.sexualhealthdorset.org)

## What is the Sulak regime?

The Sulak (or extended pill) regime is where you take the pill every day until you start bleeding (as long as you have taken at least one pack, or 21 pills, since your last break).

It may be several weeks or even months before you have a bleed.

If you start to bleed, stop taking your pill for 4 days. Throw away those 4 pills in the pack, so you will know which day to restart taking them.

Restart your pill after 4 days, even if you are still bleeding.

Continue to take the pill for at least 21 days, running the packs together, until your next bleed. Then stop for 4 days as before.

## Is it safe to take the pill continuously?

Yes, as far as we know to date.

Taking the pill continuously in this way is off label (i.e. different to the way advised in the information leaflet inside the pack).

However it is widely used in this way and there is good evidence to show that it is safe.

## Is it OK not to have periods?

Yes. Your body will let you know if it needs a bleed, as you will start bleeding.

## What are the benefits of taking the pill continuously?

- It provides better protection against pregnancy.
- It is easy to remember.
- It means less troublesome periods; it is especially good for women who suffer from heavy or painful periods, or headaches related to periods.

## Any Problems?

If you experience any problems - contact our phonenumber on:

**0300 303 1948**

## Where can I get more information?

Contraception & Sexual Health Service  
20 Trinity Street  
Dorchester  
DT1 1TU  
Tel: 0300 303 1948

The Park Centre for Sexual Health  
Weymouth Community Hospital  
Melcombe Avenue  
Weymouth  
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## References

- Prospective analysis of occurrence and management of breakthrough bleeding during an extended oral contraception regimen P Sulak et al; Am J O&G 2006; 195, 935-41
- Combined hormonal contraception October 2011, updated August 2012 Clinical Effectiveness Unit Faculty Sexual and Reproductive Healthcare