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Pharmacy Help-line: **01691 404339**

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## Information for patients Contraception And Leg Or Back (Spinal) Surgery



## Pharmacy

## Background Information

There is a risk of blood clots (also called deep vein thrombosis) when you take the combined contraceptive pill.

The combined contraceptive pill contains both of the female hormones, oestrogen and progesterone.

The development of blood clots is due to the oestrogen part of the contraceptive pill. However, the risk of having a blood clot whilst taking this pill is many times lower than during pregnancy.

## Risk of Blood Clots and Surgery

You can also develop blood clots after surgery to the back, legs or feet due to unavoidable damage to the veins. If you normally take the 'pill' or use a contraceptive patch it should be stopped at least four weeks before your operation.

This is because of an increased risk of developing a blood clot. If the pill you are currently taking is listed opposite, please make an appointment with your GP or practice nurse as soon as possible to arrange alternative contraception.

If you stop your pill during your 'pill free interval' and have had unprotected intercourse during that period, then you must take the first 7 days of your next pack.

In all cases, to avoid becoming pregnant you **MUST** use alternative contraception. Types of contraception include: the coil, condoms, the progesterone-only pill and the contraceptive injection or implant.

### List of contraceptives that should be stopped before surgery

Akizza 20/75	Akizza 30/75	Ambelina
Bimizza	BiNovum	Brevinor
Cilest	Cilique	Cimizt
Co-cyprinolol	Dianette	Dretine
Eloine	Elevin	Evra
Evra Patch	Femodene	Femodene ED

Femodette	Gedarel 20/150	Gedarel 30/150
Levest	Lizinna	Loestrin 20
Loestrin 30	Logynon	Lonynon ED
Lucette	Katya 30/75	Maexani
Marvelon	Mercilon	Microgynon 30
Microgynon 30 ED	Millinette 20/75	Millinette 30/75
Norimin	Norinyl-1	Nuva Ring (vaginal ring)
Ovranette	Qlaira	Rigevidon
Sunya 20/75	Synphase	SyreniRing (vaginal ring)
Triadene	Tri Regol	Tri Novum
Loestrin 30	Yacella	Yasmin
Yiznell	Logynon	Zoely

**Please contact The Robert Jones and Agnes Hunt Orthopaedic Hospital pre-op if you are taking a contraceptive not listed.**

## When can I return to using my normal Pill or Patch?

On day 1 of your first period after your operation, provided it is at least 2 weeks after you are fully mobile. If unsure, ask your doctor.

## Reducing the risk of a blood clot after surgery

The risk of developing a blood clot depends on the type of surgery being done. Drugs that thin the blood will be given to patients having surgery that are thought to be at an increased risk.

Another risk for a clot forming is lack of exercise after surgery. It is important to follow the advice about moving and exercise from the physiotherapists and nurses.

**If at any time before your operation, you think you may be pregnant, you MUST tell a healthcare professional caring for you (e.g. doctor or nurse).**