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



Pharmacy



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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 a number of factors, included reduced mobility and unavoidable damage to blood vessels. 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	Cilique	Eloine
Akizza 30/75	Cimizt	Elevin
Ambelina	Co-cyprinolol	Evra Patch
Bimizza	Dianette	Femodene
Brevinor	Dretine	Femodene ED

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

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).