

Using oral contraceptive pills* (birth control pill) for scheduling office hysteroscopy

**If you are worried that there might be a reason why you shouldn't take the birth control pill (e.g. blood clotting problem, migraines with aura, cigarette smoking for women over 35 years of age, breast cancer) talk to the pharmacist or your doctor.*

Why do I need to take oral contraceptive pills (OCP)?

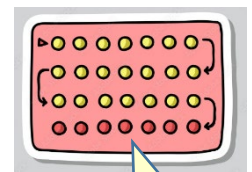
It provides greater flexibility in planning your procedure. Also, it lowers the risk of performing the procedure during an early (unknown) pregnancy.

What if I do not take the oral contraceptive pills (OCP)?

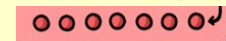
There are very few spots available, so it might take several months to get an appointment. You can't book ahead of time. For scheduling an office hysteroscopy without the OCP, refer to [Office Hysteroscopy](#) form.

When do I start the oral contraceptive pill?

- Begin taking the OCP on the first day of your period, during the cycle before your office hysteroscopy. 10 days to 6 weeks of OCP before the procedure is recommended.
- Take 1 pill per day up to and including the day of the procedure.
- Based on your period and date of procedure, talk to the pharmacist to see if you need one (1) or two (2) packs of OCP in preparation for your procedure.
- Ask the pharmacist for the pack with 21 pills. If you get a pack with 28 pills, don't take the 7 sugar pills. Instead start the next pack on day 22.



Do not take sugar pills:



On Day 22, start the 2nd pack of pills

Will I experience side effects with the oral contraceptive pill?

Headache, nausea and light bleeding (spotting) sometimes occur when taking the OCP. This will not affect the procedure. If you experience dizziness, blurred vision, shortness of breath, leg pain/swelling or severe migraines, stop the OCP and call 811/ or go to the emergency department.

Example:

Office hysteroscopy is on June 18th:

Period expected LESS than 10 days before your procedure date e.g. period expected on June 12th - Start the OCP on **day 1 of May cycle** (May 12th).

Period expected MORE than 10 days before your procedure date e.g. period expected on June 3rd - Start the OCP on **day 1 of June cycle** (June 3rd).