

3.9 Contraceptives - Breakthrough Bleeding (BTB) Low Estrogen Content (20-35 mcg)

SUBJECTIVE	<u>Must include:</u> <ol style="list-style-type: none">1. Contraceptive history of initial oral CHC start or oral CHC prescription change.2. Bothersome intermenstrual bleeding with 2 or more oral CHC cycles.3. Negative history of missed or incorrect oral CHC use.4. Medical history update to determine potential causes for intermenstrual bleeding.
OBJECTIVE	Pelvic exam as indicated.
LABORATORY	<ol style="list-style-type: none">1. STI testing as indicated with negative results.2. Sensitive pregnancy test as indicated with negative results.3. Hgb/Hct as indicated.
ASSESSMENT	BTB with 20-35 mcg estrogen oral CHC.
PLAN	<ol style="list-style-type: none">1. Discuss options of continuation with current oral CHC or change of current oral CHC prescription.2. Consider trial of 1.25mg conjugated estrogen or 2mg estradiol for 7 days. Can be repeated as necessary. If BTB continues despite this treatment, consider a different pill or method.3. Return to clinic if intermenstrual bleeding continues.
CLIENT EDUCATION	<ol style="list-style-type: none">1. Reassurance for resolution of BTB.2. Reinforce proper usage of oral CHCs.3. Advise BTB does not interfere with oral CHC effectiveness when oral CHC is taken properly.
CONSULT/REFER	<ol style="list-style-type: none">1. Heavy bleeding.2. Unresolved bleeding or spotting.