

## **Effect of extra low dose OC on cycle control in adolescents**

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**Objectives:** The aim of study was to investigate the effect of a low dose oral contraceptive (OC) on cycle control in adolescents

**Patients and methods :** A total of 51 adolescents (aged 16 – 19) received a monofasic oral contraceptive that contains 15 µg ethinyl estradiol and 60 µg gestodene (Mirelle®, Schering). The girls received six 28 days treatment cycles consisting one pill a day in the same time (+/- 1 hour) starting from first day of the cycle. No other hormone drugs were used. Patients used diary cards to record tablets intake and the occurrence of vaginal bleeding.

**Results:** Data were evaluated for 47 adolescents (282 cycles). Irregular bleeding increased from 17 (36%) of girls at pretreatment to 35 (74,5%) at cycle 1. The speed of return to baseline was affected by regularity of time of intaking pills. After six cycles 12 (25,5%) patients still had irregular bleeding, but 10 (83%) of them did not keep exact the same time for using pills.

**Conclusions:** A considerable improvement in cycle control was also demonstrated over six cycles of treatment in adolescents using an extra low dose OC. The improvement was closely depend on keeping exactly the same time of using OC.