

SUPPORT THE CYCLE

FOLLICULAR PHASE Days 1-13

Menstruation
(early follicular d1-3/7 ish)

LOW HORMONE PHASE
GRADUAL INCREASE

- * Regular meals
- * Plenty of fruit and vegetables
- * Minimise alcohol
- * Calcium (3 portions of dairy per day)
- * Protein intake 2-4g/kg

LUTEAL PHASE Days 14-28

HIGH HORMONE PHASE
INCREASED HORMONES
FLUCTUATIONS

- * Do what you enjoy
- * Routines
- * Weight bearing exercise

- * Push the limits
- * You will build more muscle
- * SEX ;oP (increased libido)
- * Increased lubrication

- * Respond to your body
- * Encourage yoga and recovery
- * Support pelvic floor/bladder function
- * Increased injury risk

Adapt work, play, &
day to day factors to
support how you feel

- * Need less sleep
- * Improved brain function
- * book meetings
- * socialize
- * be creative

- * Need more sleep
- * More easily overstimulated
- * Cooler sleep environment
- * Pace yourself
- * Give yourself a buffer

Our natural serotonin,
'the happy hormone'
levels drop in the luteal
phase.

* Protein powder

- * low dose SSRI – to help mood and well being.
- * Konsyl D – support bowel function

Management tends to
focus on supporting the
change, minimizing the
drop, and creating a
'buffer'

Perimeno – tDE patch
PMS – awareness of
increased rates of
progesterone sensitivity

- * mP4 100-300mg
- * tE up to 100mcg patch
- * + 25mcg/extra pump of Estrogel (off licence)

Using the contraceptive pill
to aim to 'override' and
regulate cycles. Can prevent
ovulation

Continual hormonal pill
Combined pills – E & P
* Ginet (cyproterone + EE)
* Zoely/Claira – Estrodiol
* Ava 20/30 (con. or cyc)
* Yaz/Yazmin
(drospirenone +EE)

Progesterone only pills
* noriday (350mcg NET)
* cerazette (75mg
desogestrel)

Mirena Intrauterine
system.

Continual low dose
progesterone release
* Minimises bleeding
* Can decrease cyclical
hormonal changes
* Endometrial protection
allowing alteration of
estrogen dosing

can enable CONTINUAL
hormonal therapy

Contraceptive
hormonal
medications

Continual
hormonal
medications

Cyclical
hormonal
support

Cyclical non-
hormonal
support

Lifestyle

Movement

Diet

Continual Supplements

Calcium 1000mg daily (or increase
dairy in diet)

Vitamin B6 50mg daily

Magnesium; and zinc

Progesterone; Utrogestan mP4

Benefits:

- Sleep, mood, joints, relieve headaches
- Side effects:
- Sleepy, sluggish, low mood, bloating

Options: vaginally => less systemic sx
Progestin/progestogen (synthetic) eg
Provera and norethisterone

Estrogen; Estradot tDE

Benefits:

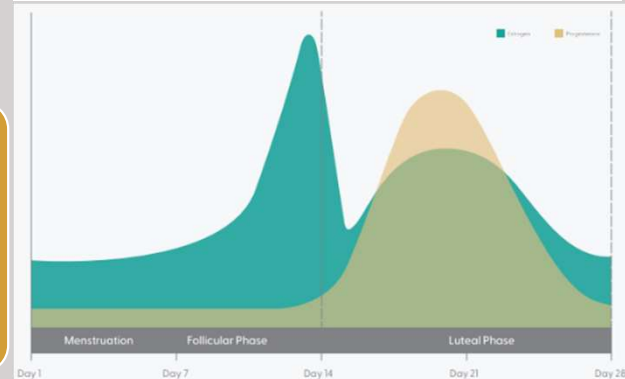
- Temperature regulation, mood,
energy, joints, muscles, libido, improve
headaches

Side effects:

- Breast tenderness, nausea

Options: cut patches, increase dose at
day different times of cycle; increase
with gel

FemaleGP
2022



Menstruation
Naproxen 1g daily (2-5 days prior to
menstruation) (or other high dose NSAIDS)
Tranexamic acid 1g TDS (for up to 5 days)