



CHC (monophasic) tailored regime

Regimen	Treatment days	Break days	Length of cycle	Bleeds per year
Traditional	21	7	28	13
Tricycling	63	7	70	5
Shorter break	21	4	25	15
Continuous use	Until break-through bleeding	7	Varies according to individual	Varies according to individual
Continuous use and shorter break	Until break-through bleeding	4	Varies according to individual	Varies according to individual

For more resources visit: www.pcwhf.co.uk