

"I'm perimenopausal so I can't get pregnant, right?"

WRONG!

Fact - You CAN get PREGNANT when perimenopausal.

When we are perimenopausal, we still have periods.

We may have them more frequently; we may bleed for longer. Or we may find that we have longer between periods. Some women report a few months between periods. So, this means that you are still ovulating and producing ripe eggs ready for fertilisation.

So, you COULD still become pregnant.

If you are on HRT during your perimenopause you COULD still become pregnant.

HRT is not a contraceptive, so you will still need to use contraception until you are 2 years post-menopausal.

Post-menopausal is 12 months after your last menstrual period.

If it's been 3 or 6 or 10 months since your last period, then there IS a risk of conception and pregnancy.

Please if you are unsure, then go and see your GP/menopause specialist for advice. Your practice nurse will be able to advise on available contraception for you. Some women like to have an intrauterine device (coil) fitted as contraception, as it may help with heavy bleeding that is a perimenopausal symptom.

Safety note: If you find yourself in a new relationship, in addition to your contraception please consider using condoms to protect yourself against sexually acquired infections!

The Terence Higgins Trust report that between 2012 and 2016, there was a 9% increase in sexually transmitted infections in people aged 45 and over. In addition, they state there's an assumption that condom use is not necessary for older heterosexuals after the menopause. They also stated that new HIV infections among those aged 50 and above are rising faster than in people aged 40 and under. Practise safe sex! <https://www.tht.org.uk/sites/default/files/2018-04/Still%20Got%20It%20-%20Over%2050s%20Insight%20Briefing.pdf>