


This site uses cookies. More info  Close By continuing to browse the site you are agreeing to our use of cookies. [Find out more here](#) Close

## Research News

# Oestrogen-containing contraceptive pills increase vitamin D levels, study finds

BMJ 2016; 354 doi: <http://dx.doi.org/10.1136/bmj.i4345> (Published 08 August 2016) Cite this as: BMJ 2016;354:i4345

- [Article](#)
- [Related content](#)
- [Article metrics](#)
- [Rapid responses](#)
- [Response](#)

## Re: Oestrogen-containing contraceptive pills increase vitamin D levels, study finds

Dear Editor

I was amused to note that the print version of the article on oestrogen-containing contraceptives (BMJ 10.1136/bmj.i4345) was illustrated with a picture of Cerazette (R), a progesterone-only pill. More seriously, this common confusion can lead to unintended pregnancy, if women who are used to taking oestrogen-containing contraceptive pills in a 21/7 pattern (i.e. taking pills for 21 days then stopping for seven), then take a progesterone-only pill in the same pattern. Progesterone-only pills should be taken on a continuous daily basis (28/28), with no seven day break. Any clinician changing a women from an oestrogen-containing to a progesterone-only contraceptive pill should take time to make this clear.

**Competing interests:** No competing interests

**18 August 2016**

Susan H Walker

Senior Lecturer in sexual health/ Senior Research Fellow

Anglia Ruskin University

Bishop Hall Lane, Chelmsford CM1 1SQ

[@susanwalker67](#)

**Click to like:**

13

