

Non-steroidal anti-inflammatory medications or prostaglandin inhibitors (specifically COX 2 inhibitors) may be an alternative to the currently available hormonal contraceptive methods (i.e. the birth control pill). Hormonal contraception, although highly effective, is not tolerated by some women, and contraindicated in others. Studies have shown that prostaglandins (specifically COX 2 prostaglandins) appear to play a critical role in ovulation (the development and release of eggs or oocytes). Thus their inhibition may provide contraception. If prostaglandin inhibitors affect egg development and/or release, the length of the menstrual cycle should be affected. Our pilot study was designed to determine if the daily administration of a prostaglandin inhibitor would significantly change the menstrual cycle length. We found that a daily prostaglandin inhibitor slightly lengthened the menstrual cycle, most likely due to interference with ovulation.