

Contraception

Combined Oral Contraceptives Monophasic 21-day preparations			
Oestrogen content	Progestogen content	Recommended Formulary Brand	Comments
Ethinylestradiol 20 micrograms	Desogestrel 150 micrograms	Munalea® 20/150 Gedarel® 20/150	Munalea 20/150 is a cost-effective choice
		Alternative brand: Mercilon® (Amber 2)	
Ethinylestradiol 20 micrograms	Gestodene 75 micrograms	Aidulan® 20/75 Millinette® 20/75	Aidulan® 20/75 is a cost-effective choice
		Alternative brand: Femodette® (Amber 2)	
Ethinylestradiol 20 micrograms	Norethisterone acetate 1mg	Loestrin® 20	
Ethinylestradiol 30 micrograms	Desogestrel 150 micrograms	Munalea® 30/150 Gedarel® 30/150	Munalea 30/150 is a cost-effective choice
		Alternative brands: Marvelon® (Amber 2)	
Ethinylestradiol 30 micrograms	Drospirenone 3mg	Yiznell® (Amber 2) Lucette® (Amber 2)	Yiznell and Lucette are the cost effective equivalent to Yasmin®; To be used 3 rd or 4 th line for women intolerant to other contraceptives
		Alternative brands: Yasmin® (Amber 2)	
Ethinylestradiol 30 micrograms	Gestodene 75 micrograms	Aidulan® 30/75 Millinette® 30/75	Aidulan® 30/75 is a cost-effective choice
		Alternative brands: Femodene® (Amber 2)	
Ethinylestradiol 30 micrograms	Levonorgestrel 150 micrograms	Maexeni® Rigevidon®	Maexeni® is a cost-effective choice
		Alternative brands: Microgynon® 30 (Amber 2) Ovranette® (Amber 2)	
Ethinylestradiol 30 micrograms	Norethisterone acetate 1.5mg	Loestrin® 30	

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Ethinylestradiol 35 micrograms	Norgestimate 250 micrograms	Cilique®	Cilique is a cost-effective choice
		Alternative brand: Cilest® (Amber 2)	
Ethinylestradiol 35 micrograms	Norethisterone 500 micrograms	Brevinor®	
Ethinylestradiol 35 micrograms	Norethisterone 1mg	Norimin®	

Combined Oral Contraceptives Monophasic 28-day preparations			
Oestrogen content	Progestogen content	Recommended Formulary Brand	Comments
Ethinylestradiol 30 micrograms	Gestodene 75 micrograms	Femodene® ED	
Ethinylestradiol 30 micrograms	Levonorgestrel 150 micrograms	Microgynon 30 ED®	

Combined Oral Contraceptives Phasic 21-day preparation			
Oestrogen content	Progestogen content	Recommended Formulary Brand	Comments
Ethinylestradiol 30 micrograms	Levonorgestrel 50 micrograms	Logynon®	
Ethinylestradiol 40 micrograms	Levonorgestrel 75 micrograms		
Ethinylestradiol 30 micrograms	Levonorgestrel 125 micrograms		

Combined Oral Contraceptives Phasic 28-day preparation			
Oestrogen content	Progestogen content	Recommended Formulary Brand	Comments
Ethinylestradiol 30 micrograms	Levonorgestrel 50 micrograms	Logynon ED®	
Ethinylestradiol 40 micrograms	Levonorgestrel 75 micrograms		
Ethinylestradiol 30 micrograms	Levonorgestrel 125 micrograms		

Combined Transdermal Patch			
Oestrogen content	Progestogen content	Recommended Formulary Brand	Comments
Ethinylestradiol 33.9 micrograms per 24 hours	Norelgestromin 203 micrograms per 24 hours	Evra® Patches (Amber 2)	May be of value in women who are poor compliers with oral contraceptives. Woman should have tried at least 2 oral contraceptives

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Vaginal Ring			
Oestrogen content	Progestogen content	Recommended Formulary Brand	Comments
Releases Ethinylestradiol 15 micrograms per 24 hours over a period of 3 weeks.	Releases Etonogestrel 120 micrograms per 24 hours over a period of 3 weeks.	NuvaRing® (Amber 2) NuvaRing contains 11.7 mg etonogestrel and 2.7 mg ethinylestradiol.	The ring releases etonogestrel and ethinylestradiol at an average amount of 0.120 mg and 0.015 mg respectively per 24 hours, over a period of 3 weeks. It is restricted to patients unable to use other methods of contraception and for prescribing by specialists in reproductive health

Progestogen-Only Pills		
Progestogen content	Recommended Formulary Brand	Comments
Desogestrel 75 micrograms	Desogestrel	Prescribe generically
Norethisterone 350 micrograms	Norethisterone	Prescribe generically for all new patients
	Alternative brand: Noriday® (Amber 2)	

Emergency Contraception

It is possible that a higher body-weight or BMI could reduce the effectiveness of oral emergency contraception, particularly levonorgestrel; if BMI is greater than 26 kg/m² or body-weight is greater than 70 kg, it is recommended that either ulipristal acetate or a double dose of levonorgestrel [unlicensed indication] is given. It is unknown which is more effective.

Further information on Emergency Contraception can be obtained from: The Faculty of Sexual and Reproductive Healthcare. Clinical guidance. March 2017.
www.fsrh.org/standards-and-guidance/documents/ceu-clinical-guidance-emergency-contraception-march-2017

Progestogens	Levonorgestrel 1.5mg	FIRST CHOICE oral preparation for patients presenting within 72 hours of unprotected sexual intercourse. Prescribe generically Available via PGD through some pharmacies across Milton Keynes, free of charge to all. DO NOT PRESCRIBE AS THE OTC PREPARATION: Levonelle One Step® (as over twice the cost of the POM product.)
Progesterone receptor modulators	Ulipristal acetate 30mg (EllaOne®) (Amber 2)	Ulipristal is licensed for emergency contraception within 120 hours (5 days) after unprotected sexual intercourse (UPSI). Patients presenting between 72 hours and 120 hours may

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		be offered the choice of ulipristal acetate or intrauterine device and the risks and benefits of each method should be discussed with the patient. Pregnancy should be excluded before ulipristal is taken.
Intra uterine POP system		
Levonorgestrel 19.5mg as Kyleena [®]		Prescribe by brand name Intra-uterine device which releases levonorgestrel and offers contraception for up to 5 years
Levonorgestrel 52mg as Mirena [®]		Prescribe by brand name Intra-uterine device which releases levonorgestrel and offers contraception for up to 5 years
Levonorgestrel 13.5mg as Jaydess [®]		Prescribe by brand name Intra-uterine device which releases levonorgestrel and offers contraception for up to 3 years

Long-acting reversible contraception (LARC) PHE Funded	
LARC methods are more cost-effective than COC pill even at one year.	
Features of LARC to discuss with women can be found on the NICE website here: https://www.nice.org.uk/guidance/cg30/chapter/appendix-a-features-of-the-larc-methods-to-discuss-with-women	
The Choice of method for different groups of women can be found on the NICE website here: https://www.nice.org.uk/guidance/cg30/chapter/appendix-b-choice-of-method-for-different-groups-of-women	
Products:	
Medroxy-progesterone as Depo-Provera [®] 150mg/ml prefilled syringe	
Medroxy-progesterone as Sayana Press [®] 104mg/0.65ml susp in pre-filled injector	Patients can self-inject
Etonogestrel as Nexplanon [®] 68mg implant	Subdermal implant which offers contraception for 3 years

Useful resources

1. UK Medical Eligibility Criteria for Contraceptive Use; UKMEC 2016. Accessed via <https://www.fsrh.org/standards-and-guidance/documents/ukmec-2016/> (October 2018)
2. Faculty of Sexual & Reproductive Healthcare guidelines. Accessed via <https://www.fsrh.org/standards-and-guidance/> (June 2018)
3. St John's wort: interaction with hormonal contraceptives, including implants. Accessed via <https://www.gov.uk/drug-safety-update/st-john-s-wort-interaction-with-hormonal-contraceptives-including-implants> (June 2018)
4. Is there a lactose-free contraceptive? Accessed via <https://www.sps.nhs.uk/articles/is-there-a-lactose-free-oral-contraceptive-2/?UNLID=96143088120186695914> (June 2018)

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