

Contraception Update Blackpool 10 March 2018

LARC better than Pills

Combined Pill Pill free interval too long should be 24/4 or 63/4 or even longer before pill free interval and use the 20 mcg ethynyl estradiol pills [Mecilon Femodette Loestrin 20]

Female sterilisation less safe than IUC/IUS or vasectomy so stop doing female sterilisation

Missed pills commonest error is failing to restart after pill free interval high risk of ovulation occurring. Missing pills after 7 days of continuous taking low risk [up to 6 pills] Cerazette less effective allows no misses

All diabetics do not use combined pill

FSRH.org

New natural estrogen pills

New Eloine [Yasmin lite with less ethynyl estradiol] Use in acne

LARCS

Nuvaring better than EVRA lower blood estrogen level. EVRA fails if 95 or more Kg weight Can be 21/7 or 21/4 If late replacing use emergency contraception

Quick Start start pill wait 3 weeks then do pregny test if neg fit LARC Do not use the anti androgenic progesterone pills [anti acne ones]

Breast feeding leaflets from FPH.org

Copper coils safe t lasts 10y Mirena lasts 5y

Mirena good for heavy periods painful periods endometriosis

After Mirena may feel depressed or bleed slightly for 3/12

Norethisterone some metabolised to ethynyl estradiol should use provera 10mg tid instead

Nexplanon does not affect bones as there is some estrogen still coming from the ovaries unlike depot provera which can only be used for 2y due to the bone effect also can't be taken out Can be prolonged delay in return of periods.

No evidence of fetal damage from depot provera by the way

Long cycle ovulation occurs 14 days before the period

Migraine with aura or neuro symptoms never use combined pills

