

Contraception Update March 2012 with John Guillebaud

My learning points are:

Late restart is commonest reason for combined OC failure. Poss of restarting sooner also Europe used Every Day pills.

Larc is of course the in thing.

New condoms [plastic] resist effect of oils used to lubricate them.

Qlaira is a new natural estrogen oc. It has less thrombosis risk niche use with older woman or other higher risk e.g. diabetes as alternative to a Mirena

Quick Starting when fitting Nexplanon use Cerzette till period comes.

LARC problem is bleeding. Nexplanon has large bleeding problem failures rare fitting while pregnant is one not being fitted at all is another.

Enzyme Inducing Drugs affect Nexplanon but not Mirerna or Copper Coils or Depo-provera.

No or irregular period is harmless If bleeds for 6/12 on Nexplanon do some tests.

Think of Disease e.g Chlamydia

Disorder e.g. retained products or polyps

Drugs including cigarettes

Duration 6/12

BTB with Depot start sooner 8-10 weeks apart

BTB with pills add Default forgetting

Diarrhoea +_ Vomiting

Try higher dose pill phasic pill something else e.g. NuvaRing

Nexplanon try coc Marvelon Mercilon 3/12 or Depot up to 2 lots or Cerazette or use depot and wait till no period then fit Nexplanon. If there were a pregnancy this does not seem to harm the baby. Use if considering another Nexplanon and there has been a lot of bleeding.

may add Mefenamic acid when bleeding

Bone Density effect of Depot reversible up to age 25 also MP women users no thinner bones than never users.

Nexplanon in overwt replace early before bleeding starts.

Cerazette best POP as 12h window.

Use as alternative to COC any age Use if COC contra or Pre op. If over 100Kg consider 2/day.

Main prob with Cerazette is bleeding try 2/day.

DEPOT up to a week late replacing is ok, Avoid if on steroids or strong osteoporosis risk factors. Obese less risk. Afro Caribbean less risk.

Aim to go on to LARCs

Copper coil use one with copper on the arms Safty T slimline or mini

Lasts 10y and is as good as a sterilisation. Only vasectomy or Nexplanon beats that.

Last coil at 40 Last Mirena at 45 but at 49 will need HRT to add estrogens.

Mirena helps pain and bleeding as well.

Emergency contraception use copper coil not Mirena.

If on EIDs e.g ant epil drugs use Mirena or copper coil not Nexplanon.

Bleeding in Mirena allow 3/12

Fitting coils do a Chlamydia test.

Med Probs and COC

AF or anything predisposing to thrombosis in veins or arteries

HBP

Liver disorder

Enzyme Inducing drugs

Dianette increased thrombosis risk

Migraine with aura absolute no no to estrogen containing contraceptives

EIDs ordinary antibiotics ok just TB drug rifampicin a problem

Eids last for 4 weeks after stopping them

Include Rifampicin anti epileptics HIV drugs and St John's Wort

Use coils or depot not Nexplanon

As for inducing epilepsy Lamotrigine is the one drug whose levels fall with

COC

Emergency Contraception

Levonelle up to 72H

Copper coil plus macrolide for poss Chlamydia

Ella 1 for up to 5 days plus other precautions till can start another contraceptive...14

days condom 9 days Cerazette then start Larc