

Contraceptive Guideline

The following chart is intended as a resource to aide in the selection of contraceptives for clients receiving contraceptive products through our public health programs. The goal is to provide a selection of products to meet the needs of the majority of women. Where equivalent products exist, cost has been a consideration in product selection for our formulary listings. There has also been an effort to limit the variety of products to streamline our ordering process. The following automatic substitutions will take place:

- 1) All orders for the 21-day products will be automatically substituted with the equivalent 28-day product.
- 2) The lowest cost of the interchangeable products will automatically be supplied.
- 3) Non-formulary products will be considered under the advisement of the Manager-Public Health-Healthy Living and the Pharmacy Manager responsible for the program.

Formulary Products

	Product	Interchangeable With	Cost/Cycle
Combined Hormonal Contraceptives			
	Monophasic		
	Alysena	Alesse, Aviane	\$2.13
	Drospirenone/ethinyl estradiol 3/0.03 mg (GLM)	Zamine, Yasmin	\$4.35
	Mirvala	Apri, Freya, Marvelon	\$2.18
	Ovima	Min Ovral, Portia	\$3.93
	Yaz	Mya	\$15.12
	Triphasic		
	Linessa	-	\$18.30
	Tricira Lo	-	\$6.74
	Triquilar	-	\$15.75
Progestin Only Contraceptives			
	Movisse	Jencycla	\$6.90
	Depo-Provera	-	\$31.55
	Nexplanon	-	\$285.00
Emergency Contraception			
	Backup Plan Onestep	Plan B, Contingency One	\$2.86

Non-Formulary Products

Product	Cost	Copper IUD	Cost	Progestin IUD	Cost
Evra Patch	\$25.50	Flexi T 300	\$121.28	Kyleena	\$336.82
Haloette (Nuva Ring Equiv.)	\$10.00	Flexi T 300+	\$121.28	Mirena	\$340.53
Lolo	\$18.05	Flexi T 380+	\$121.28		
		Liberte UT 380 (& short)	\$74.03		
		Liberte TT 380 (& short)	\$84.79		
		Mona Lisa 10	\$80.17		
		Mona Lisa 5, Mini, & N	\$67.73		

Southern Health – Santé Sud Oral Contraceptive Comparisons

From: Regier, L. et. al. Birth Control: Combined Oral Contraceptives (estrogen & progestin). RxFiles Drug Comparison Charts. 2023.

Product	Ethinyl Estradiol	Progestin	Hormonal Activity		
			Estrogen	Progestin	Androgen
Alysena	20 mcg	Levonorgestrel 0.1 mg	•	•	••
Drospirenone/ethinyl estradiol 3/0.03 mg (GLM)	30 mcg	Drospirenone 3 mg	••	••	–
Linessa	25 mcg	Desogestrel 0.1/0.125/0.15 mg	••	•••	•
Lolo	10 mcg	Norethindrone 1 mg	•	•••	•••
Mirvala	30 mcg	Desogestrel 0.15 mg	••	•••	•
Ovima	30 mcg	Levonorgestrel 0.15 mg	••	••	•••
Tricira Lo	25 mcg	Norgestimate 0.18/0.215/0.25 mg	••	•	•
Triquilar	30/40/30 mcg	Levonorgestrel 0.05/0.075/0.125 mg	•••	•	••
Yaz	20 mcg	Drospirenone 3 mg	•	••	–

Product Selection Guided By Signs & Symptoms of...

From: Regier, L. et. al. Birth Control: Combined Oral Contraceptives (estrogen & progestin). RxFiles Drug Comparison Charts. 2023.

Estrogen Deficiency	Progestin Deficiency	Estrogen Excess +/-or Progestin Deficiency
<ul style="list-style-type: none"> • Early bleeding/spotting days 1-9 • Continuous bleeding or spotting • Decrease in flow • Absence of withdrawal bleeding • Pelvic relaxation symptoms • Atrophic vaginitis • Vasomotor symptoms • Nervousness 	<ul style="list-style-type: none"> • Late bleeding/spotting days 10-21 • Delayed withdrawal bleeding 	<ul style="list-style-type: none"> • PMS • Bloating/edema • Headache (cyclic) • Dizziness • Irritability • Nausea, vomiting • Visual changes (cyclic) • Weight gain (cyclic) • Leg cramps • Dysmenorrhea • Hypermenorrhea, menorrhagia

Estrogen Excess	Progestin Excess	Androgen Excess
<ul style="list-style-type: none"> • Hypermenorrhea, clotting, menorrhagia • Dysmenorrhea • Mucorrhea • UTI • Increased breast size or cystic changes • Cervical Extrophy • Uterine enlargement or fibroid growth • Thromboembolism • Hypertension • Vascular headaches • Chloasma 	<ul style="list-style-type: none"> • Depression • Fatigue • Breast tenderness • Libido decrease • Weight gain (non-cyclic) • Increased appetite • Symptoms of hypoglycemia/dizzy • Leg vein dilation • Cervicitis • Yeast infection 	<ul style="list-style-type: none"> • Libido increase • Oily skin/scalp • Acne • Rash/pruritis • Hirsutism • Edema • Cholestatic jaundice