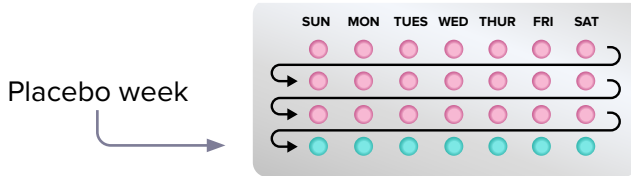


ORAL CONTRACEPTIVE MANAGEMENT



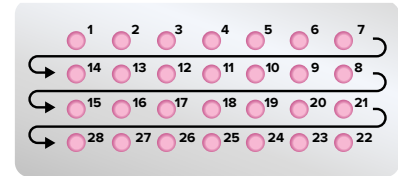
Combined Oral Contraceptive (COC)

Active ingredient	Estrogen (ethinylestradiol, estradiol, mestranol) & progestin (levonorgestrel, norethindrone, norgestrel, etc) → many combinations
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Progestin-Only Pill (POP)

A single progestin (levonorgestrel, norethindrone, drospirenone)



Mechanism of action	<p>Estrogen: suppresses FSH, prevents follicle development</p> <p>Progestin: suppresses LH, prevents ovulation, thins uterine lining, thickens cervical mucus</p>	
Administration	28-day pill pack typically includes 3 weeks of pills containing hormones and one week of placebo or iron pills. Period or “withdrawal bleed” occurs during placebo week, then client starts new pill pack. May also be taken on a 91-day cycle.	
Adverse effects	<p>Common side effects: Nausea, breast tenderness, headaches, weight gain, mood changes, decreased libido, irregular bleeding</p>	<p>Serious adverse effects:</p> <ul style="list-style-type: none"> • Risk of blood clots → PE, MI, stroke • Hypertension • Rare hepatic adenoma
Contraindications and precautions	<p>Contraindications:</p> <ul style="list-style-type: none"> • Smoker > 35 years old • Hx of blood clot • Abnormal liver function • Known breast cancer 	<p>Precautions:</p> <p>HTN, cardiac disease, diabetes, migraine, epilepsy, gallbladder disease, uterine fibroids, smoker < 35 years old</p>
Client education	<p>Danger signs to report:</p> <p>A: Abdominal pain (sharp) C: Chest pain (severe) H: Headache (severe) E: Eye/vision changes S: Sharp leg pain</p>	<p>Drug–drug interactions</p> <p>Advise clients that many medications interact with oral contraceptives. Consult provider if taking antibiotics, anxiolytic, anticonvulsants, antidepressants, or warfarin, among others.</p>

Progestin:	suppresses LH, prevents ovulation, thins uterine lining, thickens cervical mucus
Continuous cycling:	28-day pill pack includes all hormone-containing pills and no placebo. New pill pack is started as soon as previous pack is completed.
Common side effects:	<ul style="list-style-type: none"> • Lower risk of blood clots • Higher likelihood of irregular bleeding
Contraindications:	<ul style="list-style-type: none"> • Known breast cancer • Unexplained abnormal vaginal bleeding
Precautions:	<ul style="list-style-type: none"> • Epilepsy • Hx bariatric surgery • Abnormal liver function
Initiation	<p>Quick start (preferred): Start any day of cycle, use back up x 7 days (may also initiate day 1 or Sunday after 1st day of period).</p>
Missed pills	Teach clients what to do in case of missed pills and when to use a back-up method.

NOTES

