

Menstrual Suppression and Contraception



PATIENT/FAMILY GOALS

- Menstrual regulation
- Menstrual suppression/lightening
- Symptom management (cramps, acne)
- Contraception

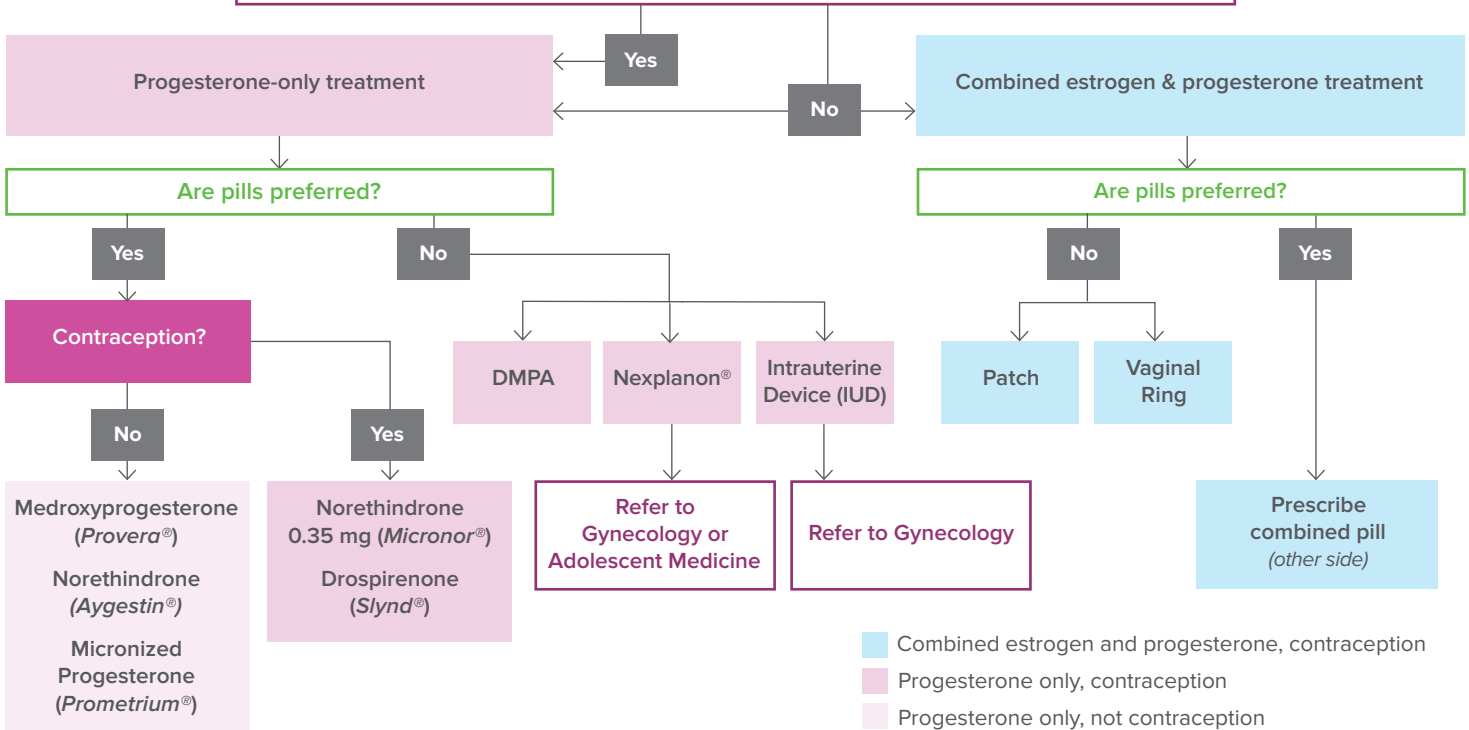
PATIENT HISTORY

Consider obtaining contraception history (prior methods)

- Why did patient stop method?

Does your patient have:

- Personal and/or family history of blood clots (DVT, PE) or clotting disorder?
- History of migraines with aura?
- History of high blood pressure?
- Active cancer or treated for breast cancer in the last 6 months?
- History of liver, kidney, or cardiac disease?



RESOURCES

- Center for Young Women’s Health—youngwomenshealth.org
- CDC US Medical Eligibility Criteria (US MEC)—www.cdc.gov/reproductivehealth/contraception/mmwr/mec/summary.html
- Bedsider—bedsider.org
- Menstrual apps (for patients)—SpotOn, Flo, Clue, Period Tracker, MyCalendar-Period Tracker

If you have clinical questions about prescribing contraceptives for menstrual suppression, email gynecology@cchmc.org.

If you would like additional copies of this tool, or would like more information, please contact the Physician Outreach and Engagement team at Cincinnati Children’s.

Menstrual Suppression and Contraception

| INDICATIONS/SYMPTOMS (Why are you starting the treatment?) | | | | |
|---|--|---|--|--|
| Acne/PCOS | Menstrual headaches | Cyclic mood changes/ depression* | Developmental disorders | Irregular bleeding within 1 year of menarche |
| Drospirenone • Yaz® (20 mcg Ethinyl Estradiol (EE)) • Yasmin® (30 mcg EE) • Slynd® (does not contain EE) | Consider menstrual suppression Consider progesterone only pills | Yaz®/Yasmin® Avoid Depo-Provera® Consider menstrual suppression (continuous dosing skipping placebo) *SSRI first-line for premenstrual dysphoric disorder (PMDD) | Consider chewable OCP (FemCon®) Consider patch (Xulane®) Consider consultation for discussion about long-acting reversible contraception (LARC) options for long-term management | Consider patient's height and parents' height Consider the progesterone only pill |

| SIDE EFFECTS (What to do?) | | | | |
|--|--|---|---|--|
| New Acne | Headaches | Nausea | Mood changes | Breakthrough bleeding |
| Switch to drospirenone containing pill If no estrogen contraindication, increase estrogen content | Decrease estrogen content or switch to progesterone only If associated with aura, switch to progesterone only pill If during placebo week, consider continuous dosing or Mircette® (EE dose during placebo week) | Consider change in time of dose Switch to lower estrogen content | Consider a different progesterone (avoid Depo-Provera®/medroxy-provera/norethindrone) | Increase dose of progesterone only pill (POP) Increase estrogen content (10→20→30→35 mcg) Ask about compliance |

| HORMONAL OPTIONS FOR MENSTRUAL MANAGEMENT | | | | |
|---|---------------------|--|--|--|
| Generation | Brand name pills | | Progestin characteristics | |
| 1st | Norethindrone | Lo Loestrin® (10 mcg EE) Minastrin® (20 mcg EE) Loestrin Fe® 1/20 (20 mcg EE) Femcon Fe® (35 mcg EE) Loestrin® (30 mcg EE) | Pro-gestational (edema, bloating, irritability, anxiety/depression), unscheduled bleeding | |
| | Medroxyprogesterone | Provera® (no EE) | | |
| 2nd | Levonorgestrel | Allesse/Aviane® (20 mcg EE) Seasonale® (30 mcg EE) Mirena®, Kyleena® (intrauterine device; no EE) | Improved bleeding More androgen-related side effects (hyperlipidemia, oily skin, acne, facial hair growth) | |
| | Norgestrel | Lo Ovral® (30 mcg EE) | | |
| 3rd | Norgestimate | Orthocyclen® (35 mcg EE) Sprintec® (35 mcg EE) Xulane® (patch; 35 mcg EE) | More potent progestin, less androgen side effects | |
| | Desogestrel | Kariva® (20 mcg EE) Mircette® (placebo pills contain EE) Ortho-Cept® (30 mcg EE) Desogen® (30 mcg EE) | | |
| | Etonorgestrel | Nuvaring® (vaginal ring; 15 mcg EE/day) Nexplanon® (arm implant; no EE) | | |
| 4th | Drospirenone | Yaz® (20 mcg EE) Yasmin® (30 mcg EE) | Has anti-mineralocorticoid AND anti-androgenic properties Concern for VTE risk Treatment for premenstrual dysphoric disorder (PMDD) and acne | |

For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link at 1-888-987-7997.