

# What's new in contraception?

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# Contents of presentation

- New/updated FSRH guidelines
- Online prescribing
- Natural cycles app
- Kyleena IUS
- IUB
- Postpartum contraception



# CEU Guidelines Update

- CHC (update Jan 2019) – emphasis on tailored regimens, 12/12 supply
- Progestogen only injection (update April 2019) – Sayana press added, injection site reactions



# Question 1

- Which is **false** regarding obesity and emergency contraception:
  1. If weight 75Kg, 3mg LNG - EC is needed (double dose)
  2. UPA – EC may be less effective if BMI  $>30\text{Kg/m}^2$  or weight  $>85\text{Kg}$
  3. Offer PC IUD second line if oral EC is inappropriate

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## Question 2

- Which is **true** regarding obesity:
  1. Pre pregnancy, 5mg folic acid is recommended
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# Overweight, obesity and contraception (new April 2019)

- Pregnancy prevention and planning critical
- Pros and cons of different methods
  - IUC, SDI ok
  - Oral methods (inc. EC)– concern if medication causing D+/-V or bariatric surgery
  - Patch – care if >90Kg
  - CHC – BMI >35Kgm<sup>2</sup> is UKMEC 3
  - MPA – use SC or depo to deltoid, care if multiple risks for CV disease

# CEU statement on PC IUD antibiotic cover (May 2019)

- First line – Doxycycline 100mg BD 7/7
- However, small risk of ongoing pregnancy (<1%), limited evidence on risk of foetal exposure in v. early first trimester
- Discuss with patient
- Second line – Azithromycin 1g followed by 500mg for 2 days

# On line contraception

**EXPRESSPHARMACY** OPEN Mon / Tue / Thu / Fri 9am - 6:30pm  
Wed 9am - 5pm Sat 9am - 1pm CALL 0208 123 0703

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## FEMALE CONTRACEPTION

Order your Prescription Contraceptive Pill treatment from Express Pharmacy

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SH:24

Contraception

### Combined pill

Benefits

- Usually makes periods regular, lighter and less painful.
- May help with premenstrual symptoms.
- Reduces the risk of cancer of the ovary, uterus and colon.
- Improves acne in some women.
- You are protected from pregnancy straight away if you start taking the combined pill in the first five days of your period.
- When you stop using the pill your fertility will return to normal.

The combined pill (also known as 'the pill'), is a small round tablet that releases artificial versions of the oestrogen and progesterone hormones. It has to be taken daily. Almost half of all women using contraception take oral contraceptive pills as their primary method of contraception. The combined pill is most popular amongst women aged between 16 and 24.

Read what other people think of the combined pill on our contraception forums.

**LloydsPharmacy Online Doctor** Customer Services: 020 7989 9888  
Mon-Fri: 8am-6pm | Sat: 9am-5:30pm

Men's Health Women's Health General Health Information All Treatments

Home > Women's Health > Contraceptive Pill

Click here for Bank Holiday Delivery Information Regulated by the CQC UK Registered Clinical Team No Appointment Needed

## Contraceptive Pill, Patch & Ring

The contraceptive pill changes the body's hormonal balance and prevents pregnancy. We offer the combined pill, low dose pill, and mini pill/progestogen-only pill, as well as rings and patches.

"Our contraceptives are safely prescribed by NHS accredited doctors."

Dr Gigi Togan MBBS BSc DFRSH

Select your contraceptive pill...

treated.com

## Contraception

Contraception is available in a range of forms, including the combined pill, minipill, contraceptive patch and vaginal ring. If you aren't currently taking contraception, our doctor or family planning nurse will be able to help you decide on the most suitable form.

- Most pills are over 99% effective with perfect use
- The dermal patch and vaginal ring are also just as effective
- Renewing your prescription is simple with our online service

If you're looking to buy your regular contraceptive treatment online, take our questionnaire to start your consultation with our doctor. Once approved, your order will be dispensed at our UK pharmacy and shipped by next-day courier.

Combined Pills Mini Pills Patch Contraceptive ring

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## Contraceptive Pill Service

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## Contraceptive Pill

You can buy your contraceptive pill online without a prescription, since our doctors can generate one for you after completing an online assessment. If you need the contraceptive pill, our online doctor and pharmacy services can assess, prescribe, dispense and deliver your medication! Simply fill in an online assessment, making sure to answer all questions as fully as you can. Our online doctor, who is a GMC registered and UK educated professional, will assess your suitability for the pill. A prescription will then be passed to our pharmacy team who will prepare the medication (sourced from UK wholesalers), and send it out in discreet packaging.

The service is for women who are already taking a particular pill prescribed by their GP and need a repeat supply. It is still important to get your main supply from your own GP, as you need to have a blood pressure check annually when taking the pill. Pills available include Cerazette, Yasmin, Microgynon and Rigevidon.

You can be sure you are receiving your medication from a trusted online pharmacy and online doctor in the UK.

COMPARE PRICES

**FSRH** The Faculty of Sexual & Reproductive Healthcare

**Superdrug Online Doctor** Excellent 9.3/10

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Home > Women's Health > Contraceptive Pill

## Order Your Contraceptive Pill Online From Superdrug

The fast, convenient way to get hold of your contraceptive pill

- No doctor's appointment
- Quick and easy to order
- All UK brands available

Start Order (3 Months) Start Order (6 Months)

**Dr Fox Online Doctor and Pharmacy**

Contraceptive pill

3 months supply of your current contraceptive pill for when you cannot get to your GP surgery.

Read medical information and answer medical questions to buy treatment online.

Medical information Treatment and prices Buy treatment

Medical information

Women who are eligible can obtain a 3-month supply of their current contraceptive pill in the following applies:

- You have been taking the same contraceptive pill for the last year.
- You have had no problems with your contraceptive pill in the last year.
- You have had a face-to-face pill check in the last year.

Dr Fox can only issue a 3-month supply of your current pill. This service does not replace your regular face-to-face contraceptive pill check-up. We are required to inform your GP of any supplies and will require your GP details.

UK Doctors Review Every Order Complete Confidentiality Free and Fast Delivery

## Order Contraceptive Pill Online

Lowest UK price guarantee

Buy Oral Contraceptive Pills/Tablets Online Within The UK

- No need to see GP
- Free prescription included
- Lowest cost guarantee
- Save time

Buy Oral Contraceptives

How to order

1. Medical questionnaire Answer a few simple questions about your health.
2. Doctor review One of our registered doctors confirms your suitability.
3. Fast, discreet delivery Your medicine or test kit is dispatched by our pharmacy.

**instanteCare**

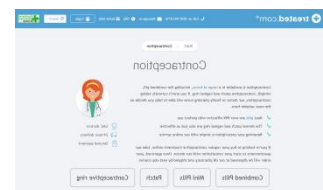
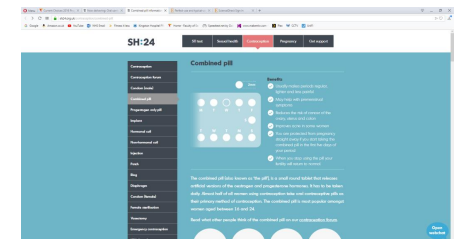
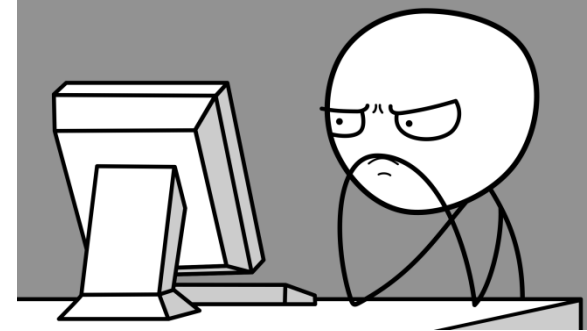
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# Comparison of 10 online sites

- >18yrs
  - Questionnaire
  - All include UKMEC contraindications
  - Reviewed by Dr prior to dispensing
  - If never tried CHC, only allowed POP
  - Height, weight and BP within last year
  - 3 - 6 months supply
  - Variable CHC / POP brands (ring and patch)
- 
- SH:24 informative, good layout, but out of area!
  - Treated.com – “ever pressured to have sex” and links to useful advice
  - All rely on patient honesty!

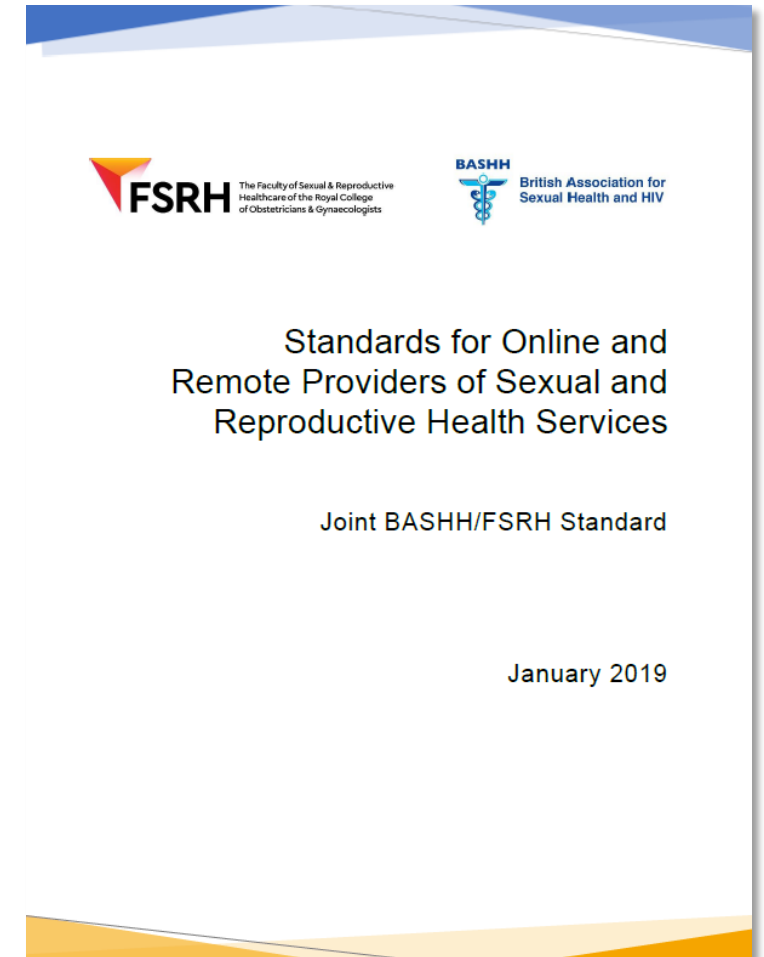




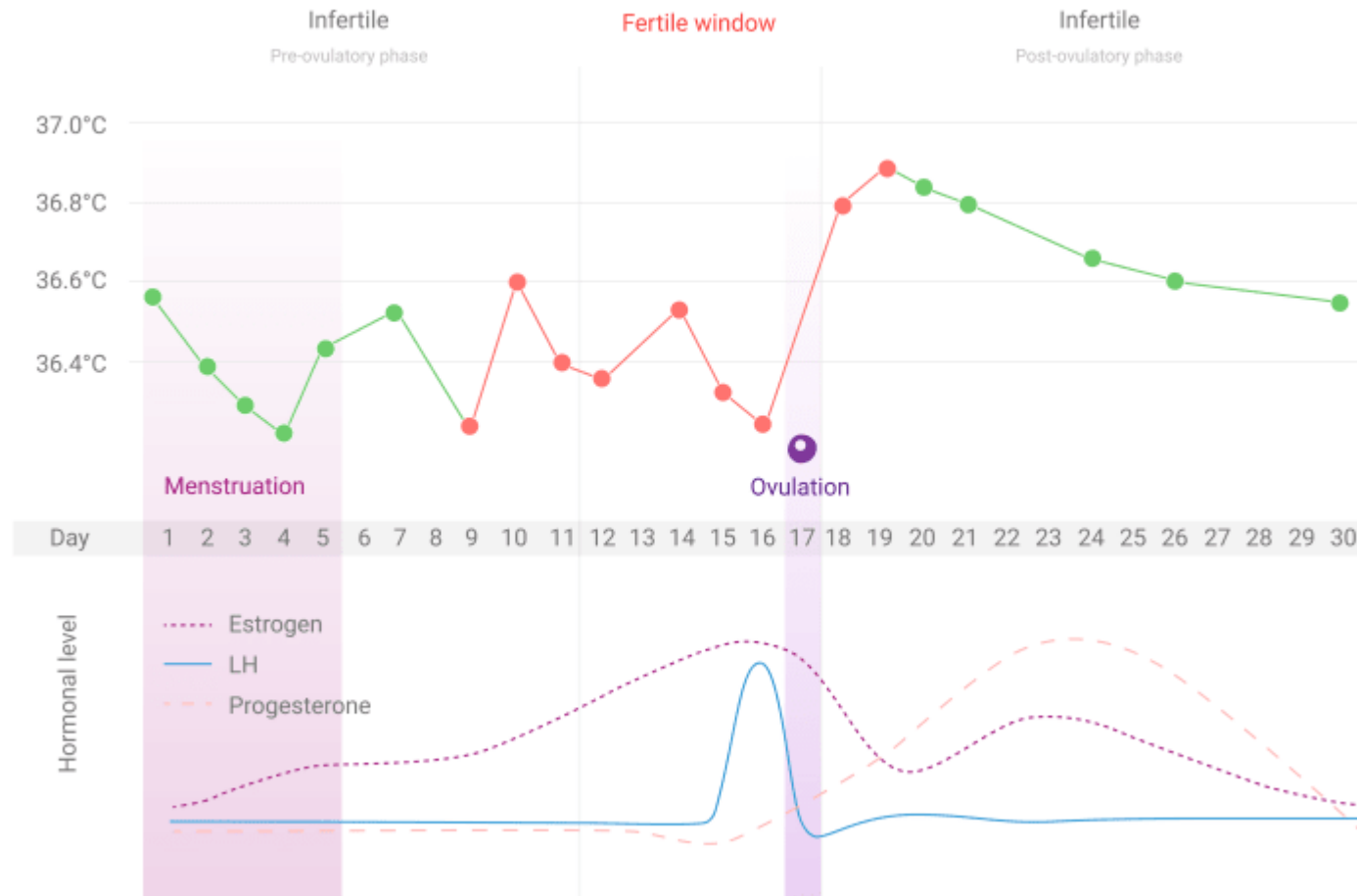
# FSRH / BASHH standards for online services

(Jan 2019)

- Benchmark for all providers
- Tool for commissioning services
- For service users
  
- Safe
- Effective
- Kindness, respect and compassion
- Responsive
- Governance and leadership



# Natural cycles app



## Swedish authorities complete assessment of Natural Cycles app and found.....



### Criticisms:

- Not RCT
- Studies funded by Natural cycles and used their researchers
- 34% drop out
- Social media regulation

Hough et al. *BMJ Sex. Reprod. Health* 201;44:307-309

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Natural Cycles app: 'highly accurate contraceptive' claim misled consumers

**The UK's advertising watchdog rules against company over its marketing of the app**

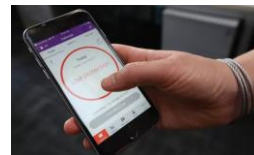
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**Advert for 'Natural Cycles' contraceptive app banned for exaggerating effectiveness**






Kyleena



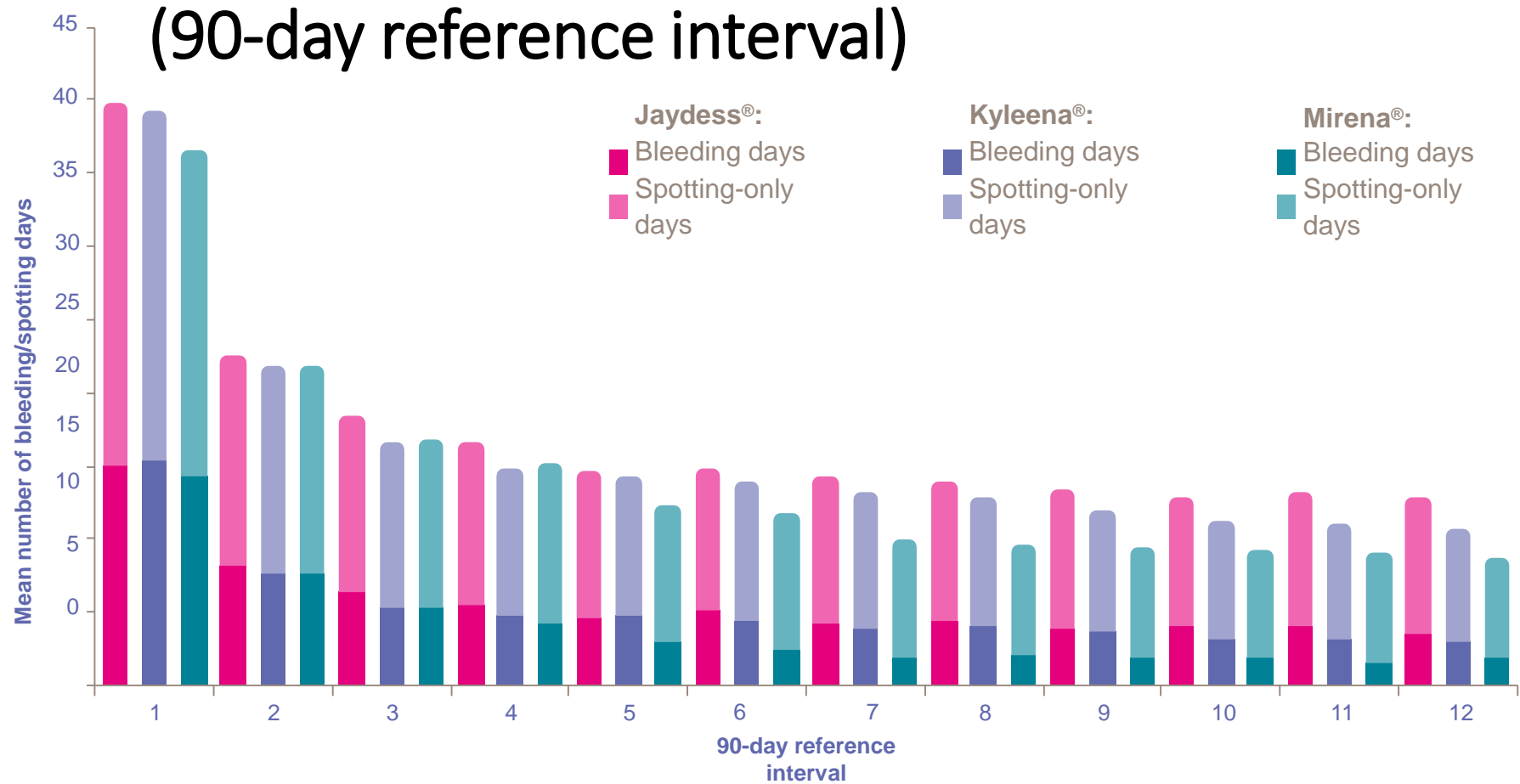


# Comparison of 3 LNG - IUS

	52mg LNG IUS 	Jaydess 	Kyleena 
<b>LNG content (mg)</b>	52	13.5	<b>19.5</b>
<b>Average LNG in vivo release over Yr 1</b>	20µg/24hrs	8µg/24hrs	<b>12µg/24hrs</b>
<b>Max duration of use (yrs)</b>	4 - 5	3	<b>5</b>
<b>T-frame dimensions (mm)</b>	32 x 32	28 x 30	<b>28 x 30</b>
<b>Insertion tube diameter (mm)</b>	4.4 – 4.8	3.8	<b>3.8</b>
<b>Silver ring</b>	No	Yes	<b>Yes</b>
<b>Colour of threads</b>	Brown	Brown	<b>Blue</b>

# Mirena v Kyleena v Jaydess

## Bleeding/Spotting



Gemzell-Danielsson et al. 2012

# Question 3

- By five years, the expected amenorrhoea rate with Kyleena is:
  1. 12%
  2. 17%
  3. 23%

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Bleeding patterns reported with Kyleena™ in clinical trials:  
(by 90-day reference periods)<sup>1</sup>

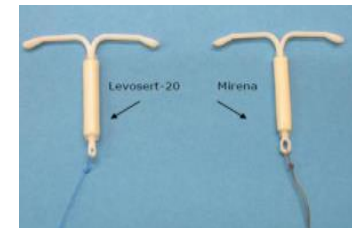
Kyleena™-treated patients	First 90 days N=1566	Second 90 days N=1511	End of year 1 N=1371	End of year 3 N=975	End of year 5 N=530
Amenorrhea (no bleeding/spotting)	<1%	5%	12%	20%	23%
Infrequent bleeding (1 or 2 bleeding/ spotting episodes)	10%	20%	26%	26%	26%
Frequent bleeding (>5 bleeding/ spotting episodes)	25%	10%	4%	2%	2%
Prolonged bleeding* (bleeding/ spotting episodes that last >14 days)	57%	14%	6%	2%	1%
Irregular bleeding (3-5 bleeding/spotting episodes and <3 inter- vals with no bleeding/ spotting in ≥14 days)	43%	25%	17%	10%	9%

# Levosert

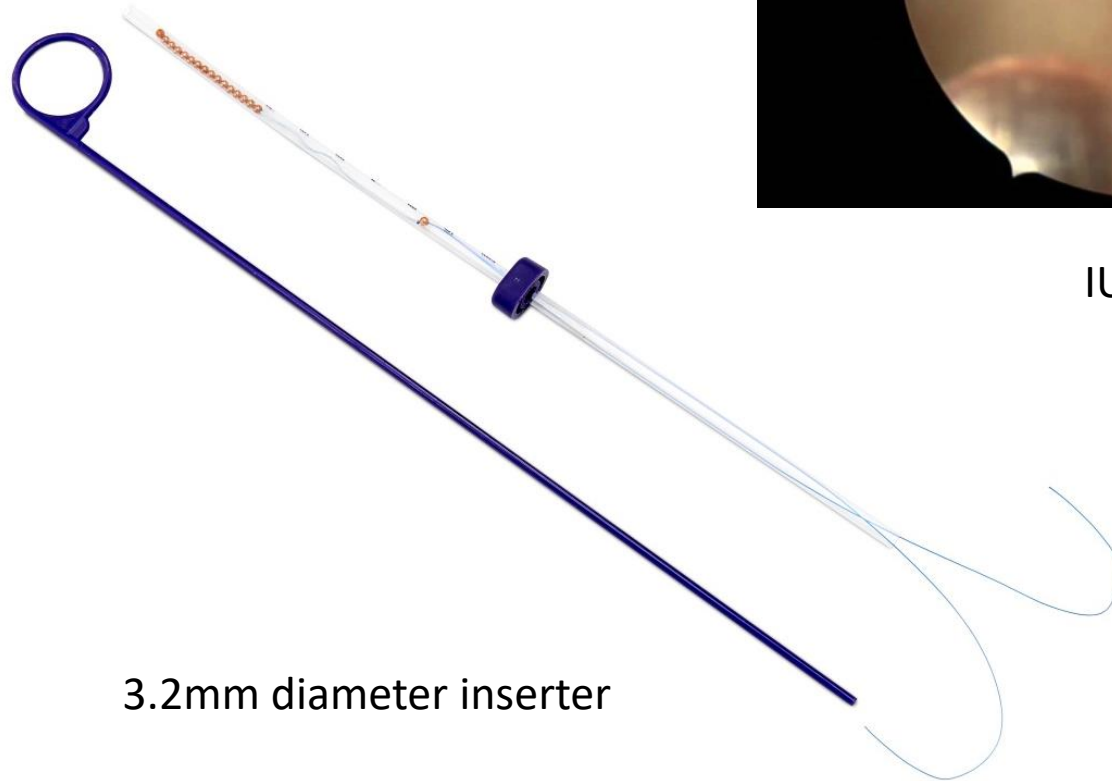
- Generic 52mg LNG IUS
- Licenced for 5 yrs for contraception and HMB (NOT for endometrial protection)
- Cost £66

- Cost comparison per year:

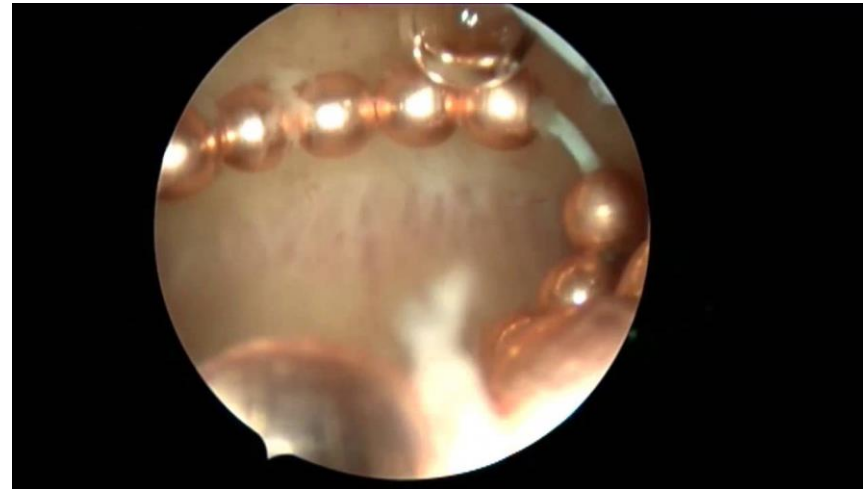
Mirena	£17.60
Levosert	£13.20
Kyleena	£15.20
Jaydess	£23.07



# Intrauterine ball



3.2mm diameter inserter

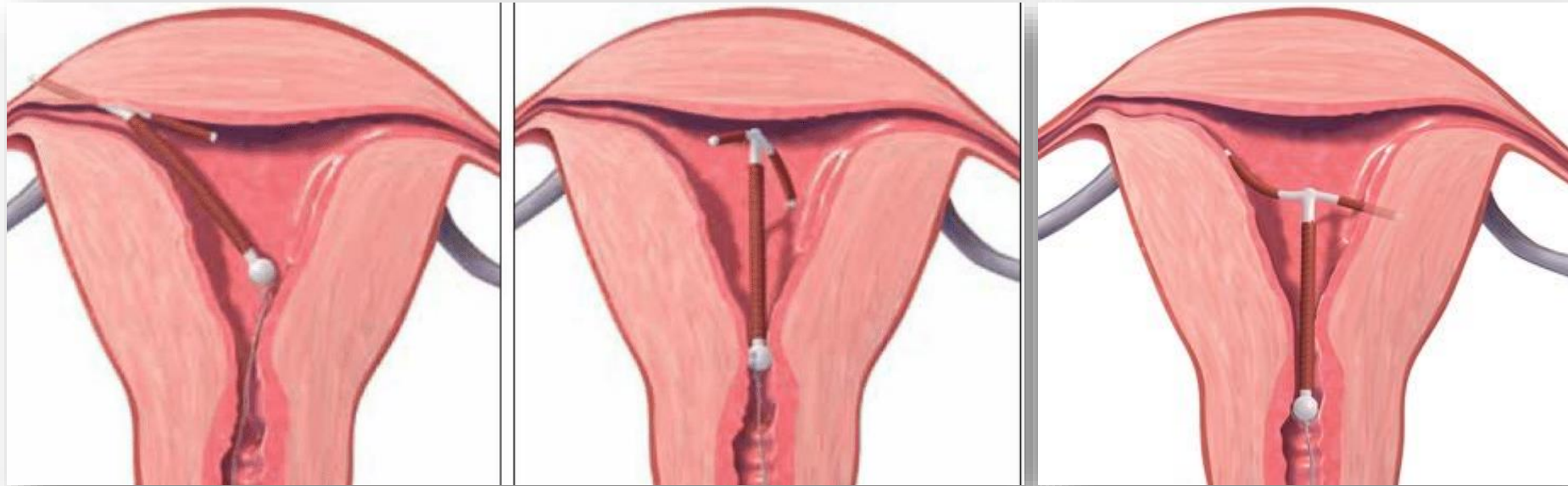


IUB at hysteroscopy



15mm

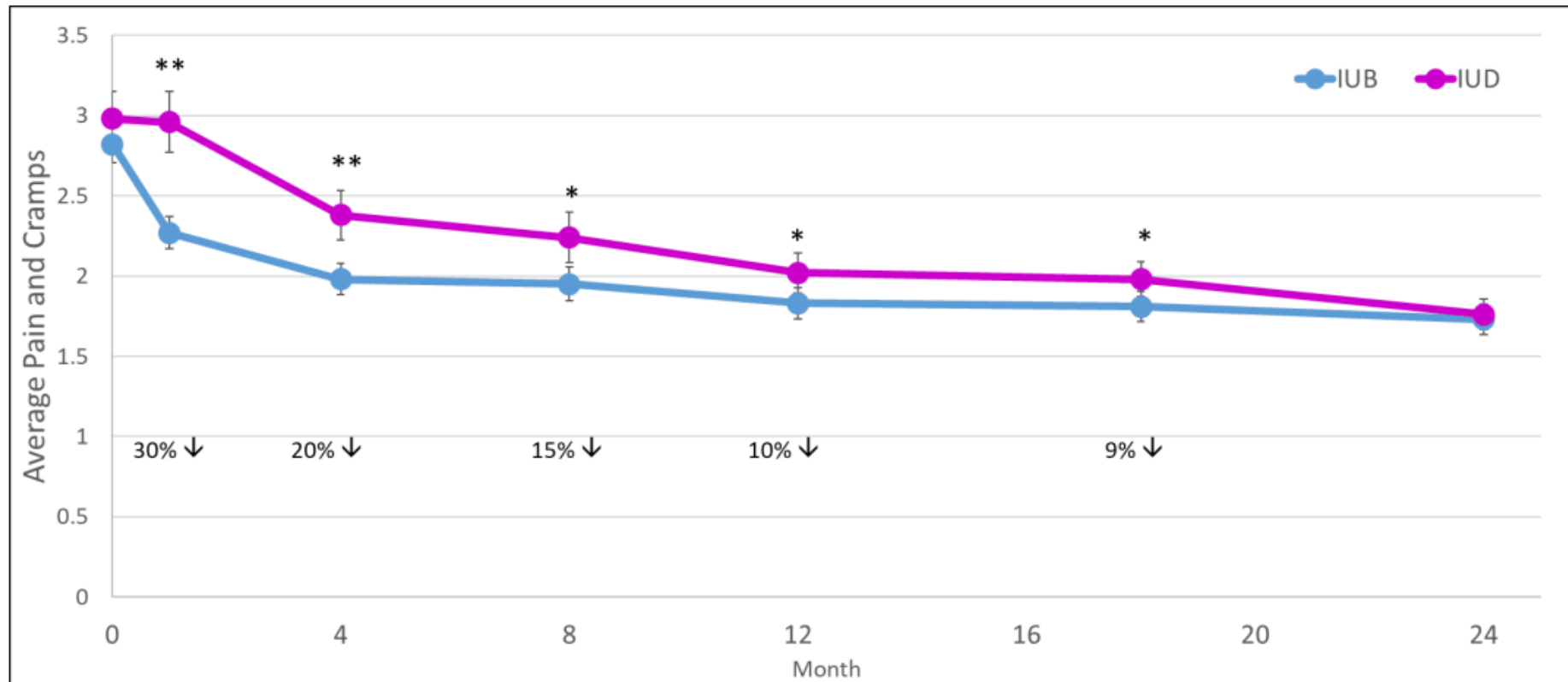
# Malpositioned IUDs





# IUB v TT380 2yr results for pain

n = 366

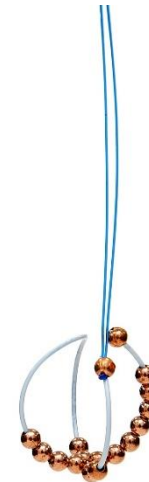


\*\* p<0.01, \* p<0.05; calculated using Wilcoxon Rank Sum test



# Pharmacovigilance data

- 38,662 insertions (Feb 2015 – June 2017)  
Austria, Switzerland, Germany, Israel, Slovakia, Spain, Hungary and Belgium
- 68 expulsions (1.6%)
- 42 pregnancies (1 ectopic) (99.89% efficacy)
- 11 perforations (1:3514)



# Question 4

- Regarding post pregnancy contraception, which is false:
  1. IUC 0 - 48hrs post partum is UKMEC 1
  2. CHC 6/52 – 6/12 post partum is UKMEC 2
  3. DMPA 0 - 3/52 post partum is UKMEC 3

# Question 4

- Regarding post pregnancy contraception, which is false:
  1. IUC 0 - 48hrs post partum is UKMEC 1
  2. CHC 6/52 – 6/12 post partum is UKMEC 2
  3. DMPA 0 - 3/52 post partum is UKMEC 3

# Postpartum contraception



We have discussed....

- New/updated guidelines
- Online prescribing
- Natural cycles app
- Kyleena
- IUB
- Post partum contraception

# Any questions?



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