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Contraceptive pills

COCP

- Two hormones
- Estrogen and progestogen
- Many different formulations
- Normally taken for 21 days with 7 day break .
- Inhibits ovulation

POP

- One hormone
- Progestogen only
- Desogestrel 12 hour window and the only one that consistently inhibits ovulation
- Noriday and Norgeston -3 hour window. Relies on changes in cervical mucous, endometrium and tubal motility
- ► Taken everyday no break

Tailored regimes COCP

Tailored regimes reduce HFI bleeding, SE (headache and mood changes) and failure rate.

FSRH recommend that tailored regimes are discussed with women to offer greater contraceptive choice:

- 1. COCP with shortened HFI of 4 days
- 2. Extended use of COCP, less frequent HFI . The could take 3 packets back to back and a 4 day break
- 3 Continuous use of COCP, no HFI

UK Medical Eligibility Criteria Offers guidance as to who can use contraceptive methods safely It provides evidence based recommendations as to who may use a method safely depending on the patients characteristics or health conditions https://www.fsrh.org/ukmec Srhr.org/mecwheel

Remember this is not about effectiveness, just safety!

UKMEC

- ► UKMEC 1 A condition for which there is no restriction for the use of the method
- ► UKMEC 2 A condition where the advantages of using a method generally out weight the theoretical or proven risks
- ▶ UKMEC 3 A condition where the theoretical or proven risks usually outweigh the advantages of the method
- ► UKMEC 4 A condition which represents an unacceptable health risk

We should be working in the UKMEC 1 and 2 range.

Opening Questions

- Ask about any changes in medical conditions and family history
- ▶ Check for any changes of medication
- Look out for enzyme inducers and ask specifically about St John's Wort
- Check about changes in lifestyle
- Ask if any change in sexual history
- Ask about a change in bleeding patterns
- Check compliance

Age

COCP

POP

- ▶ UKMEC1 up to 40 years
- ▶ UKMEC 1 Up to 55 years
- UKMEC2 up to 50 years if no complications/ risk factors

Smoking

COCP

- <35 years UKMEC 2</p>
- > =35 years UKMEC 3 if <15 cigarettes daily
- >= 35 years UKMEC4 if > 15 cigarettes daily
- >35 years and stopped smoking < 1 year UKMEC 3
- >35 years and stopped smoking > 1 year is UKMEC 2

POP

▶ UKMEC 1 for all

Weight COCP BMI 30-34 kg/m UKMEC 2 BMI > 35 kg/m UKMEC 3 POP UKMEC 1 BMI is not a contraindication

Blood Pressure

COCP

POP

- Treated and controlled BP is UKMEC 3
- ▶ UKMEC 1
- Untreated hypertension is UKMEC 3 or 4 depending on BP
- Multiple cardiovascular risk factors are a UKMEC 3 (smoking diabetes hypertension obesity etc)
- Multiple cardiovascular risk factors UKMEC 2

VTE Venous thromboembolism

COCP

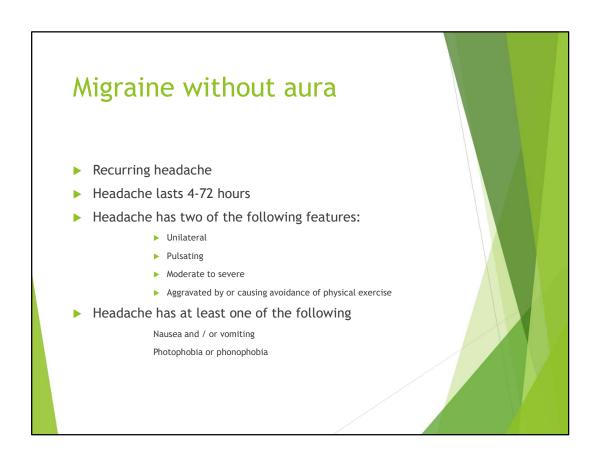
POP

- ► History of VTE UKMEC 4 ► History of VTE UKMEC 2

Headaches COCP Migraine with aura UKMEC 4 Migraine without aura UKMEC 2 Migraine with out aura is UKMEC 2 Migraine with out aura is UKMEC 2 Migraine with out aura is UKMEC 2

Headache is common! Not every headache is a migraine, and many ladies get headaches in PFI

Women who have migraine with aura are at increased risk of CVA than those who have migraine without aura.



Making an accurate diagnosis is not so easy

Migraine with aura

- Must fulfil the criteria above for migraine without aura
- One or more of the following reversible aura symptoms
 - Visual (zigzag or scotoma)
 - ► Sensory (pins and needles or numbness)
 - ▶ Speech disturbance (aphasia)
 - ▶ Motor (motor symptom fully reversible < 72 hours)
 - ▶ Brainstem (dysarthria, vertigo, tinnitus, hyperacusis or diplopia)
- At least two of the following characteristics
 - One aura symptom spreads gradually over 5 minutes or two or more in succession
 - ► Each individual aura lasts 5-60 minutes
 - ▶ At least one aura symptoms is unilateral
 - ▶ The aura is accompanied by or followed within 60 minutes by a headache

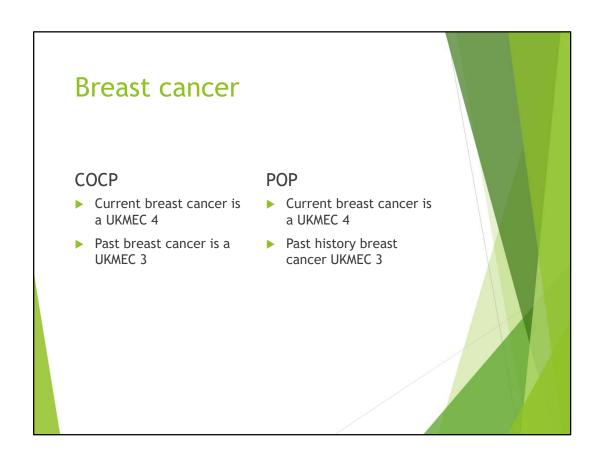
Cardiovasular disease

COCP

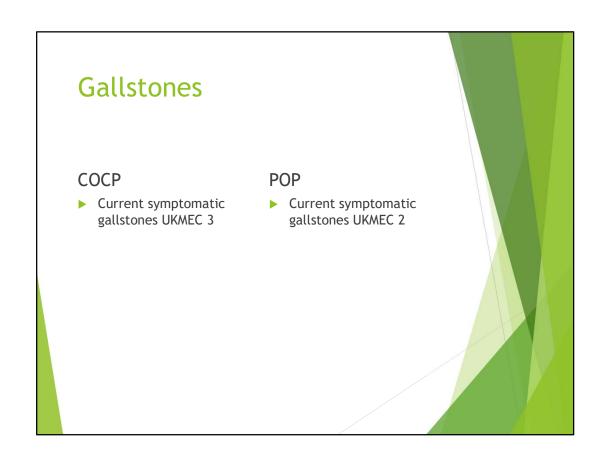
- Vascular disease UKMEC
- Hypertension generally UKMEC 3
- Multiple cardiovascular risk factors UKMEC 3
- History of high BP in pregnancy is UKMEC 2

POP

- ▶ UKMEC 2
- UKMEC 3 if MI or CVA occurs whilst taking POP



A decision to initiate any hormonal contraception should be made with the oncologist A family history of breast cancer does not preclude use of COCP except if they carry the BRAC gene.



COCP Missed Pills

- Missed pills are very common
- Missed pill guidance only applies to monophasic 20-35ug COCP that are designed for 21/7 use.
- ► For all other COCP you need to consult pill specific guidance.
- ► COCP pill is only missed if not taken in the 24 hours after it should have been taken
- ► FSRH CEU Guidance 'Recommended actions after incorrect use of COCP'

FRSH have a lovely one-page summary document for your desktop or to print. FSRH CEU Guidance Recommended actions after incorrect use of COCP

1 missed pill

- ► First pill of HFI must have been taken, and consistent use in 7 days before HFI if missed pill occurs in week 1.
- ▶ EC not required
- ► Take the missed
- ► Take all the remaining pills correctly
- No additional contraceptive precautions required

2 -7 missed pills

- ▶ In week 1 consider EC
- ▶ In week 3 omit the HFI
- ▶ Take the most recent missed pill as soon as possible
- Continue taking the remaining pills
- ▶ Abstain or use condoms for the next 7 days
- Consider FU pregnancy test

More than 7 pills

- ► Consider emergency contraception
- ▶ Manage as quick start contraception
- Consider pregnancy test
- Start new pill packet
- ▶ Abstain or use condoms carefully for 7 days
- Consider FU pregnancy test.

POP missed pill rules

- Desogestorel POPs if more than 12 hours late follow missed pill rules
- ► Traditional POP's if more than 3 hours late follow missed pill rules
- ▶ Take the missed pill as soon as remembered
- ► Take the next pill at the usual time
- Avoid sex or use additional precautions for 48 hours
- Consider emergency contraception is unprotected sex after the missed pill and in the 48 hours of restarting.

What else?

- ► The pill remains popular
- ▶ In 2017/2018 42% using pills as there form of contraception (sexual health services)
- ***It has a failure of 9/100 in the first year of use ****
- Please remind them re LARC
- ▶ Have a discussion re STI's (can do self taken swabs)
- ▶ Make sure they are compliant with smears
- ▶ digital.nhs.uk

Anything else

- ▶ Dianette :ethinylestrodial and cyproterone acetate. Indicated for acne (when topical treatment and Abx have failed) and hirsuitism often with PCOS
- ▶ Travel : Give advice re reducing immobility during travel
- ► High Altitude: More than one week above 4500m advise to consider switching to safer method than COCP
- Antibiotics No extra cover is needed as long as they are not enzyme inducing

Remote consultations for pill checks

- During the pandemic the FSRH have released a statement asking us to be flexible in our approach to consultations.
- ▶ They can be done fully or partially remotely
- ▶ Self-completed checklists are acceptable
- Self reported weight
- ➤ Self reported BP once per year (if BP done in last 12 months then can prescribe)
- ▶ 1 year of pills can be prescribed electronically

COCP and Covid 19

- We know thrombotic risk for those hospitalized with Covid 19 is high
- The risk for those who have mild symptoms or asymptomatic has not yet been established
- COCP is associated with an increased risk of thrombosis and if there are any additional risk factor COCP should be avoided.
- However unplanned pregnancy has greater risk of thrombosis!
- Lots of unanswered questions
- Some women with mild or asymptomatic women may wish to change to POP
- Women can return to COCP when well and regained full mobility

POP Over The Counter

- ▶ Lovima and Hana (both Desogestrel 75mg)
- Now classified as Pharmacy (P) medicine by MRHA
- Consultation with pharmacist required (so not on general sales list)
- Will reduce some barriers
- Will reduce unwanted pregnancies
- Cost is around £10 per month



References

- ▶ UKMEC 2016
- Fsrh.org/standards-and-guidance/documents/combined hormonal contraception
- ► FSRH clinical effectiveness statement Use of COCP during Covid 19 pandemic Dec 18th 2020
- Useful Websites
- https://www.sexwise.org.uk/contraception/combinedpill-coc