

# FDA- Approved Contraceptives

## Summary:

- **Most oral contraceptives consist of an estrogen and progestin; the amount and type of estrogen and progestin varies.**
  - **There are currently three estrogen derivatives used in combination oral contraceptives**
    - **Estradiol Valerate**
    - **Ethinyl Estradiol**
    - **Mestranol**
  - **Progestins differ in their progestational, estrogenic, and androgenic properties.**
    - **The estranes: Norethindrone, norethindrone acetate, norethynodrel, ethynodiol diacetate**
    - **The gonanes: Desogestrel, levonorgestrel, norgestrel, norgestimate**
    - **Non-ethyl estranes: Dienogest**
    - **Synthetic spironolactone derivative: Drospirenone**
- **Some oral contraceptives contain additional active ingredients, like vitamins or minerals.**
- **When used as indicated, efficacy for contraception among the various oral contraceptives are equivalent. Selection is based on patient characteristics, tolerability, and patient preferences, including preference for menses frequency.**
- **Oral contraceptive therapy should be individualized to the patient and based upon her risks versus benefits profile**
  - **Weight**
  - **Prior use of contraceptives**
  - **Current medications**
  - **Hepatic (liver) function**
  - **Comorbidities**
  - **Compliance**
  - **Patient's desire for menses**

- I. Combination Pills (Contain both an estrogen and a progestin component; Sometimes also contain iron, levomefolate, folic acid)**
- Monophasic:** Pills contain a fixed amount of estrogen and progestin throughout the cycle
  - Biphasic:** Pills contain varying amounts in estrogen and/or progestin in two sequences
  - Triphasic:** Pills contain varying amounts in estrogen and/or progestin in three sequences
  - 4-Phasic:** Pills contain varying amounts in estrogen and/or progestin in four sequences
  - Extended-cycle:** Packaged in >28-day cycles
- II. Progestin-only Pills**
- Levonorgestrel**
  - Norethindrone**
  - Norethindrone Acetate**
- III. Vaginal Ring**
- NuvaRing (Ethinyl estradiol 0.015 mg/day, Etonogestrel 0.12 mg/day)
- IV. Intrauterine Device (IUD)**
- Mirena (Levonorgestrel 52 mg)
  - Skyla (Levonorgestrel 13.5 mg)
  - Liletta (Levonorgestrel 52 mg)
  - Kyleena (Levonorgestrel 19.5 mg)
  - Paragard (Copper 313.4 mg)
- V. Transdermal Patch (a patch applied to the skin containing estrogen and progesterone)**
- Ortho Evra (Norelgestromin 0.15 mg/24h, Ethinyl estradiol 0.035 mg/24h)
  - Xulane (Norelgestromin 0.15 mg/24h, Ethinyl estradiol 0.035 mg/24h)
- VI. Injections**
- Depo-Provera (Medroxyprogesterone acetate 150 mg)
  - Depo-subQ Provera (Medroxyprogesterone acetate 104 mg)
  - Lunelle (Estradiol cypionate 5 mg, Medroxyprogesterone acetate 25 mg)
- VII. Intradermal Implants**
- Implanon (Etonogestrel 68 mg)
  - Nexplanon: (Etonogestrel 68 mg)