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 >30Kgm² or weight >85Kg

3. Offer PC IUD second line if oral EC is inappropriate
Question 1

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2. UPA – EC may be less effective if BMI >30Kgm² or weight >85Kg

3. Offer PC IUD second line if oral EC is inappropriate
Question 2

• Which is true regarding obesity:

1. Pre pregnancy, 5mg folic acid is recommended

2. BMI >35Kgm$^2$ is UKMEC 4

3. The subdermal implant is less effective if BMI >35Kgm$^2$
Question 2

• Which is true regarding obesity:

1. Pre pregnancy, 5mg folic acid is recommended

2. BMI >35Kgm² is UKMEC 4

3. The subdermal implant is less effective if BMI >35Kgm²
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 >35Kgm² 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 very early first trimester

• Discuss with patient

• Second line – Azithromycin 1g followed by 500mg for 2 days
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......

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

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

Kyleena
Comparison of 3 LNG - IUS

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

(90-day reference interval)

Question 3

• By five years, the expected amenorrhoea rate with Kyleena is:

  1. 12%
  2. 17%
  3. 23%
Question 3

• By five years, the expected amenorrhoea rate with Kyleena is:

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