

PREFACE

The 4th printing of the 14th edition of MCPP includes 9 additional oral contraceptive pills (OCs) added since the third printing and 30 OC's added since the 13th edition [Table xi]. A total of 117 OC's are described including 12 discontinued since the 13th ed. Eight of the discontinued pills are included because they were the original or 'index' pills for their progestin and estrogen formulation. New progestin and estrogen formulations in the 14th edition include:

Very Low and Low Estrogen Monophasic Pills

Lo Loestrin FE the first OC with 10 mcg ethinyl estradiol (EE). Norethindrone Acetate 1.0 mg is taken for 24 days and EE for 26 days.

Generase Fe with 0.8 mg Norethindrone and 0.25 mcg EE taken for 24 days. It is also chewable.

Extended Cycle (84 days) with Estrogen for 7 days

LoSeasonique Levonorgestrel 0.1 mg, and EE 20 mcg for 84 days followed by 10 mcg EE for 7 days.

Seasonique Levonorgestrel 0.15 mg, and EE 30 mcg for 84 days followed by 10 mcg EE for 7 days.

Multiphasic with a New Progestin and New Estrogen

Natazia is the first OC in the US to use estradiol valerate and dienogest. Estradiol valerate is rapidly hydrolyzed to estradiol after ingestion. Dienogest is an antiandrogenic progestin with approximately 40 to 50% of the progestational activity of norethindrone. The effectiveness and safety of *Natazia* was not evaluated in women with a body mass index (BMI) greater 30.

Emergency Contraception

Plan B One Step Levonorgestrel 1.5 mg taken once as a single pill replaced Plan B where a 0.75 mg pill was taken twice 12 hours apart.

Other OC Innovations

The B complex vitamin folic acid (B9) in the form of levomefolate 451 mg has been added to *Yaz* and *Yasmin* to

form *Beyaz and Safyra*. New chewable OCs, *Generess Fe* and *Zeosa*, join *Femcon Fe* the first chewable OC. *Ella* (ulipristal acetate) an anti-progesterone acting as a selective progesterone receptor modulator (SPRM) has been approved by the FDA as an Emergency Contraceptive alternative to Mifepristone [RU486].

No increase in Overall Mortality due to OC

The 2010, up-dated, mortality analysis of the Oxford-FPA study¹ of women recruited from 1968–1974 found no increase in overall mortality for women who used OCs and did not smoke. The risk ratio (RR) for overall mortality was 0.87 comparing ever-users of OCs with never users. The overall mortality RR for women smoking 15+ cigarettes daily was 2.25 and, for women with a body mass index > 28 was 1.33. The RR for fatal cervical cancer was increased, but the confidence interval (CI) was ‘very wide’ (1.2–305.0). OC use protected against death from uterine cancer (RR 0.3), and ovarian cancer (RR 0.4). Protection increased with years of use and persisted more than 20 years after stopping OCs. There was no association with death from breast cancer (RR 1.0).

Changes to 14th ed. - 1st through 3rd printings

The use of the term ‘Index pill’ was added to designate an original OC brand. In Table 5 the names of generic pills are followed by the name of the Index pill with the identical formulation of progestin and estrogen. In tables 6 and 9 only Index pills are listed.

A new Table [18] ‘*Selection of a Pill by Progestin and Estrogen Content*’ begins on page 164. The progestin type and dose are listed first, followed by the estrogen type and dose; Under the progestin the Index OC for that formulation is listed, then all other OCs with the same formulation.

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New Orleans

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1. Vessey M, Yeates D, Flynn S. Factors affecting mortality in a large cohort study with special reference to oral contraceptive use. *Contraception* 2010;82:221–9.

NEW OCS IN 14TH EDITION

NAME	EQUIVALENT	MANUFACTURER
<i>Monophasic</i>		
Altavera	Nordette	Sandoz
Azurette	Mircette	Watson
Beyaz (LF)	Yaz	Bayer
Briellyn	Ovcon35	Glenmark
Cyclafem 1/35	Norinyl/Ortho 1/35	Qualitest
Emoquette	Desogen	Qualitest
Generess Fe (C)	<i>New Formulation</i>	Watson
Gianvi	Yaz	Bayer
Lo Loestrin Fe	<i>New Formulation</i>	Warner Chilcott
Loryna	Yaz	Sandoz
Ocella	Yasmin	Teva/Barr
Safyral (LF)	Yasmin	Bayer
Syeda	Yasmin	Sandoz
Zarah	Yasmin	Watson
Zeosa (C)	Ovcon 35	Teva/Barr
Zenchent	Ovcon 35	Watson
<i>Extended Cycle</i>		
Introvale	Seasonale	Sandoz
Jolessa	Seasonale	Teva/Barr
LoSeasonique	<i>New Formulation</i>	Teva/Barr
Seasonique	<i>New Formulation</i>	Teva/Barr
<i>Multiphasic</i>		
Caziant	Cyclessa	Watson
Cyclafem 777	Ortho 777	Qualitest
Levonest	Triphasil	Norvast
Natazia	<i>New Formulation</i>	Bayer
Tilia Fe	Estrostep Fe	Watson
Tri-Legest Fe	Estrostep Fe	Teva/Barr
Trinessa Lo	Ortho Tri-Cyclen LO	Watson
<i>Progestin Only</i>		
Heather	Ortho Micro/Nor-QD	Glenmark
<i>Emergency Contraception</i>		
Next Choice	Plan B	Watson
Plan B One-Step	<i>New Formulation</i>	Teva/Barr

C = Chewable

LF = Levomefolate 0.431 mg × 24 days