NI Formulary: Chapter 7 Contraception, Gynaecology and UTIs

Please refer to the full version of the Formulary for further advice and information.

Therapeutic Area	Drug choice
Primary Dysmenorrhoea	1 **Ibuprofen** tablets 200mg,400mg, 600mg 1 **Naproxen** tablets 250mg,500mg (plain tablets, not e/c) 2 **Paracetamol** tablets 500mg
Heavy Menstrual Bleeding	1 **Levonorgestrel 20micrograms/24 hours intrauterine system:** Benilexa® one handed 20micrograms/24 hours intrauterine delivery system or Levosert® 20micrograms/24 hours intrauterine system or Mirena® 20micrograms/24hours intrauterine device 1 **Tranexamic acid** tablets 500mg 1 **NSAID:** Ibuprofen tablets 200mg, 400mg or naproxen tablets 250mg, 500mg 1 Oral Contraceptive (See section 7.3)
Endometrosis related pain	Consider a trial of paracetamol 500mg or NSAID (see 10.1.1) for up to 3 months 1 Combined oral contraceptives (See section 7.3.1) 1 progestogen-only contraceptive (oral parenteral, implant, IUS) (See section 7.3.2)
Premenstrual syndrome	**Offer lifestyle advice and treat predominant symptoms** ***Moderate PMS symptoms*** **New generation COC** e.g. **Gedarel 30/150** (desogestrel 150 micrograms, ethinylestradiol 30 micrograms) ***Severe PMS symptoms*** **Fluoxetine 20mg** capsules
Topical HRT for vaginal atrophy	1 **Estriol 0.1%** intravaginal cream 2 **Estradiol 10 micrograms** vaginal tablets
Vaginal and Vulval Infections	See NIF Chapter 5 Genitourinary Tract Infections
Lichen Sclerosus (adult female) if no diagnostic uncertainty	1 **Regular Emollient use** (See section 13.2.1) 1 **Clobetasol propionate ointment 0.05%** (Dermovate ®)

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Combined Oral Contraceptives (COCs) - Containing ethinylestradiol 30micrograms	1 **Rigevidon**® (ethinylestradiol 30micrograms, levonorgestrel 150micrograms) 2 **Gedarel®** 30/150 (ethinylestradiol 30micrograms,desogestrel 150 micrograms)
Combined Oral Contraceptives (COCs) - Containing ethinylestradiol 20micrograms	1 **Gedarel®** 20/150 (ethinylestradiol 20micrograms, desogestrel 150micrograms)
Oral progestogen-only Contraceptives(POPs)	1 Desogestrel 75 microgram tablets
Contraceptive Devices-Intrauterine Devices	1 T-Safe® 380A QL 1 TT380® Slimline 2 Nova-T® 380
Progestogen-only Injectables	1 Medroxyprogesterone 150mg/1ml suspension for injection pre-filled syringe **(Depo-Provera®)** or 1 Medroxyprogesterone 104mg/0.65ml suspension for injection pre-filled disposable device **(Sayana® Press)**
Progestogen implant	1 **Etonogestrel** 68mg (Nexplanon®)
Intrauterine progestogen-only Device	1 **Levonorgestrel 20micrograms/24 hours intrauterine device**: Benilexa one handed 20micrograms/24 hours intrauterine delivery system or Levosert 20micrograms/24 hours intrauterine system or Mirena® 20micrograms/24hours intrauterine device Or 1 **Levonorgestrel 19.5mg intrauterine device**: Kyleena® (levonorgestrel 19.5mg intrauterine device)
Emergency contraception	1 **Copper intrauterine device** (see section 7.3.4) 1 **Ulipristal** 30mg tablets (if IUD not available within 120 hours of UPSI) 2 **Levonorgestrel** 1.5mg tablet (if IUD not available and within 72 hours of UPSI)
Drugs for Voiding (obstructive) Symptoms in Men - Alpha blockers	1 **Tamsulosin** 400 micrograms M/R capsules 2 **Alfuzosin** 2.5mg tablets 2 Doxazosin 1mg, 2mg, 4mg, tablets (immediate release)
Drugs for Voiding (obstructive) Symptoms in Men - 5 alpha-reductase inhibitors	1 **Finasteride** 5mg tablets

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Drugs for Urinary Frequency, Enuresis and incontinence	1 **Solifenacin** 5mg, 10mg tablets 2 **Fesoterodine modified release** 4mg, 8mg tablets 2 **Tolterodine** 1mg, 2mg tablets (immediate release)
Drugs for Erectile Dysfunction	1 **Sildenafil** tablets 50mg, 100mg 2 **Tadalafil** 10mg, 20mg tablets