

## 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
<b>Primary Dysmenorrhoea</b>	<ul style="list-style-type: none"> <li>1 <b>Ibuprofen</b> tablets 200mg,400mg, 600mg; syrup 100mg/5ml</li> <li>1 <b>Naproxen</b> tablets 250mg,500mg</li> <li>2 <b>Paracetamol</b> tablets 500mg, soluble tablets 500mg; oral suspension 120mg/5ml, 250mg/5ml; suppositories 60mg, 125mg, 250mg, 500mg</li> </ul>
<b>Heavy Menstrual Bleeding</b>	<ul style="list-style-type: none"> <li>1 <b>Mirena®</b> intrauterine device, releasing levonorgestrel 20mcg/24hr</li> <li>1 <b>Tranexamic acid</b> tablets 500mg</li> <li>1 <b>Ibuprofen</b> tablets 200mg,400mg, 600mg; syrup 100mg/5ml</li> <li>1 <b>Naproxen</b> tablets 250mg,500mg</li> <li>1 <b>Oral Contraceptive</b> (See section 7.3)</li> </ul>
<b>Endometriosis (previously diagnosed by laparoscopy)</b>	<ul style="list-style-type: none"> <li>1 <b>Combined oral contraceptives</b> (See section 7.3.1)</li> <li>1 <b>progestogen-only contraceptive</b> (oral parenteral, implant, IUS) (See section 7.3.2)</li> </ul>
<b>Lichen Sclerosus (adult female) if no diagnostic uncertainty</b>	<ul style="list-style-type: none"> <li>1 <b>Regular Emollient use</b> (See section 13.2.1)</li> <li>1 <b>Clobetasol propionate ointment 0.05%</b> (Dermovate®)</li> </ul>
<b>Premenstrual syndrome</b>	<ul style="list-style-type: none"> <li>1 <b>No drug treatment</b></li> <li>2 <b>Moderate Premenstrual syndrome</b> <b>New generation COC</b> e.g. <b>Gedarel 30/150</b> (desogestrel 150 micrograms, ethinylestradiol 30 micrograms)</li> <li>2 <b>Severe premenstrual syndrome</b> <b>Fluoxetine 20mg</b> capsules; liquid 20mg/5mL</li> </ul>
<b>Polycystic Ovarian Syndrome</b>	<p><b>Hirsutism associated with PCOS</b></p> <ul style="list-style-type: none"> <li>1 <b>Co-cyprindiol 2000/35</b> (cyproterone acetate 2mg, ethinylestradiol 35 microgram) tablets</li> <li>1 <b>Gedarel® 30/150</b> (desogestrel 150 micrograms, ethinylestradiol 30 micrograms (3 x 21 pack)</li> </ul>
<b>Preparations for vaginal and vulval Changes</b>	<ul style="list-style-type: none"> <li>1 <b>Estriol 0.1%</b> intravaginal cream (Ovestin®)</li> <li>2 <b>Estradiol 10 micrograms</b> vaginal tablets (Vagifem®)</li> </ul>
<b>Vaginal and Vulval Infections</b>	<p>See NIF</p> <p><a href="#">Chapter 5 Genitourinary Tract Infections</a></p> <p><a href="#">Chapter 13 Genital warts</a></p> <p><a href="#">Chapter 5 - Sexually Transmitted infections</a></p>

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Therapeutic Area	Drug choice
<b>Combined Oral Contraceptives (COCs) - Monophasic <u>Standard</u> Strength</b>	<ul style="list-style-type: none"> <li>1 <b>Rigevidon</b><sup>®</sup> (ethinylestradiol 30micrograms, levonorgestrel 150micrograms) (21 day preparation)</li> <li>2 <b>Cilique</b><sup>®</sup> (ethinylestradiol 35micrograms, norgestimate 250micrograms)</li> <li>2 <b>Gedarel</b><sup>®</sup> 30/150 (ethinylestradiol 30micrograms,desogestrel 150 micrograms)</li> <li>2 <b>Millinette</b><sup>®</sup> 30/75 (ethinylestradiol 30micrograms, gestodene 75micrograms) (21day preparation)</li> </ul>
<b>Combined Oral Contraceptives (COCs) - Monophasic <u>Low</u> Strength</b>	<ul style="list-style-type: none"> <li>1 <b>Gedarel</b><sup>®</sup> 20/150 (ethinylestradiol 20micrograms, desogestrel 150micrograms) (21 day preparation)</li> <li>1 <b>Millinette</b><sup>®</sup> 20/75 (ethinylestradiol 20micrograms, gestodene 75micrograms) (21 day preparation)</li> </ul>
<b>Oral progestogen-only Contraceptives(POPs)</b>	<ul style="list-style-type: none"> <li>1 <b>Cerelle</b><sup>®</sup> (desogestrel 75 microgram) tablets</li> </ul>
<b>Contraceptive Devices-Intrauterine Devices</b>	<ul style="list-style-type: none"> <li>1 T-Safe<sup>®</sup> 380A QL</li> <li>1 TT380<sup>®</sup> Slimline</li> <li>2 Nova-T<sup>®</sup> 380</li> </ul>
<b>Parenteral progestogen-only Contraceptives - <u>Injection</u></b>	<ul style="list-style-type: none"> <li>1 <b>Medroxyprogesterone acetate</b> 150mg/ml (Depo-Provera<sup>®</sup>)</li> </ul>
<b>Parenteral progestogen-only Contraceptives - <u>Implant</u></b>	<ul style="list-style-type: none"> <li>1 <b>Etonogestrel</b> 68mg (Nexplanon<sup>®</sup>)</li> </ul>
<b>Intrauterine progestogen-only Device</b>	<ul style="list-style-type: none"> <li>1 <b>Kyleena</b><sup>®</sup> 19.5mg intrauterine device</li> <li>1 <b>Mirena</b><sup>®</sup> (intrauterine device releasing levonorgestrel 20 micrograms/24 hours)</li> </ul>
<b>Emergency contraception</b>	<ul style="list-style-type: none"> <li>1 <b>Copper intrauterine device</b></li> <li>1 <b>Levonorgestrel</b><sup>®</sup> 1.5mg tablet (if IUD not available and within 72 hours of UPSI)</li> <li>1 <b>Ulipristal</b> (ellaOne<sup>®</sup>) 30mg tablets (if IUD not available within 120 hours of UPSI)</li> </ul>
<b>Drugs for Voiding (obstructive) Symptoms in Men - Alpha blockers</b>	<ul style="list-style-type: none"> <li>1 <b>Tamsulosin</b> 400 micrograms M/R capsules</li> <li>2 <b>Alfuzosin</b> 2.5mg tablets; 10mg m/r tablets</li> </ul>
<b>Drugs for Voiding (obstructive) Symptoms in Men - 5 alpha-reductase inhibitors</b>	<ul style="list-style-type: none"> <li>1 <b>Finasteride</b> 5mg tablets</li> </ul>

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<i>Drugs for Urinary Frequency, Enuresis and incontinence</i>	<ul style="list-style-type: none"> <li>① Solifenacin 5mg, 10mg tablets</li> <li>① Tolterodine 1mg, 2mg tablets</li> <li>① Tolterodine m/r (<b>Neditol XL<sup>®</sup></b> is a cost effective choice - prescribe by brand)</li> <li>① Trospium 20mg tablets</li> </ul>
<i>Drugs used in Urological Pain</i>	<ul style="list-style-type: none"> <li>① Potassium citrate mixture BP (potassium citrate oral solution containing potassium citrate 30%, citric acid monohydrate 5% in a suitable vehicle with a lemon flavour)</li> </ul>
<i>Drugs for Erectile Dysfunction</i>	<ul style="list-style-type: none"> <li>① Sildenafil tablets 25mg, 50mg, 100mg</li> <li>② Tadalafil 10mg and 20mg tablets (Cialis<sup>®</sup>)</li> </ul>