

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	<ul style="list-style-type: none"> ① Ibuprofen tablets 200mg,400mg, 600mg; syrup 100mg/5ml ① Naproxen tablets 250mg,500mg; e/c tablets 250mg,500mg ② Paracetamol tablets 500mg, soluble tablets 500mg; oral suspension 120mg/5ml, 250mg/5ml; suppositories 60mg, 125mg, 250mg, 500mg
Heavy Menstrual Bleeding	<ul style="list-style-type: none"> ① Mirena® intrauterine device, releasing levonorgestrel 20mcg/24hr ① Tranexamic acid tablets 500mg ① Ibuprofen tablets 200mg,400mg, 600mg; syrup 100mg/5ml ① Naproxen tablets 250mg,500mg; e/c tablets 250mg,500mg ① Oral Contraceptive (See section 7.3)
Endometriosis (previously diagnosed by laparoscopy)	<ul style="list-style-type: none"> ① Combined oral contraceptives (See section 7.3.1) ① progestogen-only contraceptive (oral parenteral, implant, IUS) (See section 7.3.2)
Lichen Sclerosus (adult female) if no diagnostic uncertainty	<ul style="list-style-type: none"> ① Regular Emollient use (See section 13.2.1) ① Clobetasol propionate ointment 0.05% (Dermovate®)
Premenstrual syndrome	<ul style="list-style-type: none"> ① No drug treatment ② Moderate Premenstrual syndrome New generation COC e.g. Gedarel 30/150 (desogestrel 150 micrograms, ethinylestradiol 30 micrograms) ② Severe premenstrual syndrome Fluoxetine 20mg capsules; liquid 20mg/5mL
Polycystic Ovarian Syndrome	<p>Hirsutism associated with PCOS</p> <ul style="list-style-type: none"> ① Co-cyprindiol 2000/35 (cyproterone acetate 2mg, ethinylestradiol 35 microgram) tablets ② Gedarel® 30/150 (desogestrel 150 micrograms, ethinylestradiol 30 micrograms (3 x 21 pack)
Preparations for vaginal and vulval Changes	<ul style="list-style-type: none"> ① Estriol 0.1% intravaginal cream (Ovestin®) ② Estradiol 10 micrograms vaginal tablets (Vagifem®) ② Estriol 0.01% intravaginal cream (Gynest®)
Vaginal and Vulval Infections	<p>See NIF</p> <p>Chapter 5 Genitourinary Tract Infections</p> <p>Chapter 13 Genital warts</p> <p>Chapter 5 - Sexually Transmitted infections</p>

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

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Drugs for Urinary Frequency, Enuresis and incontinence	<ul style="list-style-type: none"> 1 Tolterodine 1mg, 2mg tablets 1 Tolterodine m/r (Neditol XL[®] is a cost effective choice - prescribe by brand) 1 Trospium (Immediate Release is a cost effective choice - prescribe generically) <p>2nd choice-Reserve for when 1st choice not effective or well tolerated</p> <ul style="list-style-type: none"> 2 Fesoterodine 2 Solifenacin
Drugs used in Urological Pain	<ul style="list-style-type: none"> 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)
Drugs for Erectile Dysfunction	<ul style="list-style-type: none"> 1 Sildenafil tablets 25mg, 50mg, 100mg 2 Tadalafil 10mg and 20mg tablets (Cialis[®])