

Addendum to PGD

This document is published to enable North Central London community pharmacists delivering the [NHS Pharmacy Contraception Service](#) to ensure locally preferred recommendations are adhered to.

The document should be read as an addendum to the [Patient Group Directions \(PGD\) for the Supply of a combined oral hormonal Contraceptive \(COC\) and Supply of a Progestogen Only Contraceptive Pill \(POP\)](#) version 2.0.

North Central London prescribing recommendations for clinically and cost effective choices for contraception. Please always refer to the latest version of the [NCL Prescribing Recommendations \(NPR\)](#)

Combined Oral Contraceptives (COCs)
<p>First line options are oral monophasic preparations containing 30 - 35 micrograms of ethinylestradiol and second generation progestogens (either levonorgestrel or norethisterone)</p> <ul style="list-style-type: none"> Levest® - (30 µg ethinylestradiol / 150µg levonorgestrel) tablets Brevinor® - (30 µg ethinylestradiol / 150µg levonorgestrel) tablets
<p>Second line COCs (for women who prefer an absence of a pill free interval):</p> <ul style="list-style-type: none"> Microgynon 30® ED (30µg ethinylestradiol / 150µg levonorgestrel) tablets
<p>Other - Monophasic oral preparations containing low strength ethinylestradiol 20 micrograms may be an appropriate option for women with risk factors for circulatory disease, provided a combined oral contraceptive is suitable.</p> <p>Preferred preparations:</p> <ul style="list-style-type: none"> Bimizza® (20µg ethinylestradiol / 150µg desogestrel) Gedarel® 20/150 (20µg ethinylestradiol / 150µg desogestrel) Mercilon® (20µg ethinylestradiol / 150µg desogestrel) Femodette® (20µg ethinylestradiol / 75µg gestodene) Millinette® (20/75) (20µg ethinylestradiol / 75µg gestodene) Sunya® (20µg ethinylestradiol / 75µg gestodene)
Progestogen Only Pills (POPs)
<p>First-line Progestogen Only Pills (POPs) options are:</p> <ul style="list-style-type: none"> Noriday® - (Norethisterone 350 microgram) tablets Norgeston® - (Levonorgestrel 30 microgram) tablets
<p>Second line POPs</p> <ul style="list-style-type: none"> Desogestrel 75microgram tablets

Correct as of December 2023 (NPR version 2.1)

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