

# Oral Contraceptive Pills (OCPs)

Indication	Preferred Contraceptive Options
Contraception (general)	Any monophasic: <u>Loestrin 24 Fe</u> , <u>Alesse (Aviane)</u> , <u>Ortho-Cyclen</u> , <u>Yaz</u> , <u>Beyaz</u> Patch: <u>Xulane</u> , <u>Twirla</u> Progestin-only (estrogen contraindicated): <u>Camila</u> , <u>Errin</u> , <u>Slynd</u>
Menstrual regulation (irregular cycles)	<u>Loestrin 24 Fe</u> , <u>Yaz</u> , <u>Ortho-Cyclen</u> , <u>Alesse (Aviane)</u> Patch: <u>Xulane</u> , <u>Twirla</u>
Dysmenorrhea (painful periods)	<u>Loestrin 24 Fe</u> , <u>Yaz</u> , <u>Ortho-Cyclen</u> Extended-cycle: <u>Seasonique</u> , <u>Seasonale</u> , <u>Quartette</u> Patch: <u>Xulane</u> , <u>Twirla</u>
Menorrhagia (heavy bleeding)	<u>Loestrin 24 Fe</u> , <u>Yaz</u> , <u>Slynd</u> (if estrogen contraindicated) Avoid ultra-low estrogen pills (e.g., <u>Lo Loestrin Fe</u> )
Acne	FDA Approved: <u>Yaz</u> , <u>Beyaz</u> , <u>Ortho Tri-Cyclen</u> , <u>Estrostep Fe</u> Others: <u>Yasmin</u> , <u>Ortho-Cyclen</u> (may help but not FDA-approved)
Premenstrual Dysphoric Disorder (PMDD)	<u>Yaz</u> , <u>Beyaz</u> (due to drospirenone's mood benefits)
Desire for fewer or no periods	Extended-cycle OCPs: <u>Seasonique</u> , <u>Seasonale</u> , <u>Quartette</u> , <u>Amethyst</u> Continuous use of monophasic pills
Estrogen contraindicated (migraine with aura, VTE, breastfeeding)	Traditional: <u>Camila</u> , <u>Errin</u> (traditional minipills) Novel: <u>Slynd</u> (better cycle control)
Desire for non-daily method	Patch: <u>Xulane</u> , <u>Twirla</u> (weekly)
PCOS	<u>Yaz</u> : Anti-androgenic progestin → improves acne and hirsutism; regulates cycles <u>Beyaz</u> : Same as Yaz with added folate; helpful if pregnancy prevention is also a goal <u>Ortho Tri-Cyclen</u> : improves acne; cycle regulation; moderate anti-androgenic effect <u>Estrostep Fe</u> : acne; milder anti-androgenic action

Brand Name	Formulation/ Delivery	Estrogen Dose	Progestin Type	Medical Indications	Special Considerations
<b>Alesse (Aviane)</b>	Monophasic OCP	20 mcg EE	Levonorgestrel	Cycle control	Low-dose, well tolerated
<b>Amethyst</b>	Continuous OCP	20 mcg EE	Levonorgestrel	Continuous cycle, no periods	Continuous; may suppress periods entirely
<b>Beyaz</b>	Monophasic OCP + folate	20 mcg EE	Drospirenone	Acne, PMDD	Anti-androgenic for acne and mood; added folate for neural tube protection
<b>Camila</b>	Progestin-only pill (POP)	None	Norethindrone 0.35 mg	Estrogen contraindicated, breastfeeding, VTE risk	Strict timing; breakthrough bleeding risk
<b>Errin</b>	Progestin-only pill (POP)	None	Norethindrone 0.35 mg	Estrogen contraindicated, breastfeeding, VTE risk	Strict timing; breakthrough bleeding risk
<b>Estrostep Fe</b>	Triphasic OCP	20/30/35 mcg EE	Norethindrone	Acne, menstrual regulation	Gradual estrogen increase; effective for acne
<b>Lo Loestrin Fe</b>	Monophasic OCP (26+2)	10 mcg EE	Norethindrone acetate	Light or absent periods desired, minimal estrogen exposure	May cause amenorrhea; less effective for heavy bleeding
<b>Loestrin 24 Fe</b>	Monophasic OCP (24+4)	20 mcg EE	Norethindrone acetate	Menstrual regulation, menorrhagia, dysmenorrhea	Good cycle control; helps reduce heavy bleeding and cramps; preferred for menorrhagia
<b>Ortho Tri-Cyclen</b>	Triphasic OCP	35 mcg EE	Norgestimate	Acne	Triphasic with acne indication
<b>Ortho-Cyclen</b>	Monophasic OCP	35 mcg EE	Norgestimate	Menstrual regulation, moderate acne	Higher estrogen; effective for acne but more estrogen side effects
<b>Quartette</b>	Extended-cycle OCP	Step-up EE	Levonorgestrel	Extended-cycle, fewer periods	Reduces breakthrough bleeding
<b>Seasonale</b>	Extended-cycle OCP	30 mcg EE	Levonorgestrel	Fewer periods/year, dysmenorrhea	Less frequent bleeding

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<b>Seasonique</b>	Extended-cycle OCP	30 mcg EE	Levonorgestrel	Fewer periods/year, dysmenorrhea	Less frequent bleeding
<b>Slynd</b>	Progestin-only pill (Minipill)	None	Drospirenone 4 mg	Estrogen contraindicated, heavy bleeding	Better cycle control; flexible timing vs traditional POPs
<b>Twirla (Patch)</b>	Transdermal patch	30 mcg EE/day	Levonorgestrel	Cycle regulation	Weekly patch; avoid in high BMI; Lower estrogen vs. Xulane; limited data in adolescents
<b>Xulane (Patch)</b>	Transdermal patch	35 mcg EE/day	Norelgestromin	Cycle regulation, dysmenorrhea	Weekly patch; higher estrogen exposure
<b>Yasmin</b>	Monophasic OCP	30 mcg EE	Drospirenone	Menstrual control	Higher estrogen than Yaz; acne control
<b>Yaz</b>	Monophasic OCP	20 mcg EE	Drospirenone	Acne, PMDD, hirsutism	Anti-androgenic for acne and mood

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