Oral Contraceptive Pills (OCPs)

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

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

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

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