

Extended Combined Hormonal Contraceptives – CON 9

DEFINITION

The prescribing of monophasic combined birth control pills or vaginal ring for the reduction or cessation of monthly periods. Not recommended with Transdermal Patch. Extended Combined Contraception is off label unless packaged as such.

SUBJECTIVE

May include:

1. H/A (headache) triggered by hormonal-withdrawal
2. Premenstrual symptomatology
3. Cyclic depression
4. Dysmenorrhea
5. Hx of endometriosis
6. Hygienic problem (example: developmentally delayed client)
7. Desire for menstrual manipulation
8. Heavy withdrawal menses
9. Peri-menopausal symptoms
10. Client preference

Should exclude:

Any method specific Category 4 conditions from the CDC MEC table. Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use. (cdc.gov)

OBJECTIVE

Should include:

1. B/P

May include:

1. Age-appropriate physical exam as indicated

LABORATORY

May include:

1. Pap smear, as indicated
2. STD screening, as indicated
3. Sensitive urine pregnancy test, as indicated
4. Other lab work, as indicated

ASSESSMENT

Extended combined contraction use

PLAN

1. Prescribe combined oral contraceptive pills or vaginal ring, including dosage, # if cycles, and directions for use

CLIENT EDUCATION

1. Reinforce contraception education, as appropriate. Advise client that breakthrough bleeding is common when doing this and may improve with time
2. Reinforce safe sex education, if appropriate
3. Recommend client RTC as appropriate, annually, or prn for problems.
4. ECP reviewed, as indicated

CONSULT / REFER TO PHYSICIAN

Effective Date: December 2024

Last Reviewed: November 2024

Next Scheduled Review: November 2025

1. Any client with prescribing precautions for combined contraceptives (See Contraceptives: Combined Contraceptives)

REFERENCES

1. Contraceptive Technology. 21 editions. New York, NY: Ayer Company Publishers, Inc., 2018. Pp 236, Pp267-268
2. CDC - Summary - US SPR - Reproductive Health
3. https://www.reproductiveaccess.org/wp-content/uploads/2014/12/switching_bc.pdf