CA-ADAP Formulary Review: Non-Oral Contraceptives

1. Background

2. Options

3. Recommendations
Pregnancy and Contraception

- ~1/2 of pregnancies are unintended
  - HIV-infection = increased pregnancy risks
- HIV infection → any contraceptive method can be used
- Contraceptive Options:
  1) Oral Contraceptives ("the pill") - presented at 4/21 MAC
  2) Progestin injection ("the shot")
  3) Transdermal Patches ("the patch")
  4) Vaginal Rings ("the ring")
  5) Vaginal Gels
  6) Condoms
PROGESTIN INJECTION ("the shot")

- **HOW IT WORKS:**
  - Prevents ovulation and thickens cervical mucus
- **DOSING:**
  - 150mg IM or 104mg SQ shot every 3 months
  - > 7 days from start of period, use backup x 1 week
  - > 2 weeks late getting shot, pregnancy test or emergency contraception
- **SIDE EFFECTS:**
  - Changes to period
  - Nausea, weight gain, headaches, sore breasts, depression, bruising at injection site
- **FAILURE RATE:** 4%

<table>
<thead>
<tr>
<th>Agent</th>
<th>Generic</th>
<th>Rx/OTC</th>
<th>CA ADAP FORMULARY</th>
<th>Requests for Coverage in past 6 months</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depot medroxyprogesterone acetate (Depo-Provera)</td>
<td>No</td>
<td>Prescription required</td>
<td>No</td>
<td>Rare (1-10)</td>
<td>• Many ADAP programs cover this as a prescription benefit • AZ, HI, IL, IN, IA, ME, MD, MA, MI, MO, NE, NH, NM, ND, OH, OR, PA, WA, WY</td>
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</tbody>
</table>
TRANSDERMAL PATCH ("the patch")

- **HOW IT WORKS:**
  - Prevents ovulation and thickens cervical mucous

- **DOSING:**
  - Patch applied to belly, butt, back, (or upper arm - Xulane only)
  - Replace patch once weekly for 3 weeks, 1 week patch-free

- **SIDE EFFECTS:**
  - Changes to period
  - Nausea, headache, sore breasts, spotting, skin reactions at patch site
  - May benefit women with heavy, painful, or irregular periods

- **FAILURE RATE:** 7%

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<tbody>
<tr>
<td>Ethinyl Estradiol-Norgestromin (Xulane; Zafemy)</td>
<td>Yes</td>
<td>Prescription required</td>
<td>No</td>
<td>Rare (1-10)</td>
<td>Many ADAP programs cover this as a prescription benefit</td>
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<tr>
<td>Ethinyl Estradiol-Levonorgestrel (Twirla)</td>
<td>No</td>
<td>Prescription required</td>
<td>No</td>
<td></td>
<td>IL, IA, ME, MA, NE, NH, NM, ND, OH, OR, PA, WY</td>
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</tbody>
</table>
VAGINAL RING ("the ring")

• **HOW IT WORKS:**
  • Prevents ovulation and thickens cervical mucous

• **DOSING:**
  • Ring is inserted into the vagina and remains in place until a new one is replaced (varies by product and cycle)
    • NuvaRing: Replaced after use (up to 5 weeks)
    • Annovera: Ring is re-used after each use and lasts for 1 year (13 cycles)

• **SIDE EFFECTS:**
  • Changes to period
  • Nausea, headache, sore breasts

• **FAILURE RATE:** 7%

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<tbody>
<tr>
<td>Ethinyl Estradiol-Etonogestrel (NuvaRing, EluRyng)</td>
<td>Yes</td>
<td>Prescription required</td>
<td>No</td>
<td>None (0)</td>
<td>• Many ADAP programs cover this as a prescription benefit</td>
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<tr>
<td>Ethinyl Estradiol-Segesterone (Annovera)</td>
<td>No</td>
<td>Prescription required</td>
<td>No</td>
<td>None (0)</td>
<td>• CO, IL, IA, ME, MA, MO, NE, NH, NM, ND, OH, OR, PA, WY</td>
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VAGINAL GEL - Phexxi

• **HOW IT WORKS:**
  • Takes advantage of the vagina’s natural acidity and sperm’s vulnerability to acidic environments
    • Keeps the vaginal pH within pre-sex range
• **DOSING:**
  • Insert directed amount into vagina
  • Effective for up to 1 hour
• **SIDE EFFECTS:**
  • Vulvovaginal burning sensation, itching, yeast infection
• **FAILURE RATE:** 7-15%

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</table>
| Lactic Acid/Citric Acid/Potassium Bitartrate (PHEXXI) | No      | Prescription required | No                | None (0)                               | • AWP: $4.71 | WAC: $4.90  
|                                       |         |                 |                   |                                        | PA was the only ADAP formulary listing Phexxi                            |
CONDOMS

• **HOW IT WORKS:**
  • Worn during sex and prevents sperm from entering the vagina

• **SIDE EFFECTS:**
  • Irritation for those with allergies or sensitivities

• **FAILURE RATE:** 2% when used perfectly, 15% in real life

• **Other Programs – Medicaid**
  − Minimally-used benefit when covered
  − Inexpensive claim when paid
References


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