

Brand g = generic	Hormone dose		Hormone intervals (days)		
	Ethinyl estradiol	Progestin	Estrogen/ progestin	Estrogen only	Hormone- free
Lolo	10 mcg	norethindrone 1 mg	24	2	2
Allesse g = Alysena, Aviane, Esme, Lutera	20 mcg	levonorgestrel 0.1 mg	21	none	7
Yaz g = Mya	20 mcg	drospirenone 3 mg	24	none	4
Minestrin	20 mcg	norethindrone 1 mg	21	none	7
Tri-Cyclen Lo g = Tri-Cira Lo	25 mcg	norgestimate 0.18/0.215/0.25 mg	7/7/7 (triphasic)	none	7
Linessa	25 mcg	desogestrel 0.1/0.125/0.15 mg	7/7/7 (triphasic)	none	7
Loestrin	30 mcg	norethindrone 1.5 mg	21	none	7
Marvelon g = Apri, Freya, Mirvala, Reclipsen	30 mcg	desogestrel 0.15 mg	21	none	7
Yasmin g = Zamine, Zarah	30 mcg	drospirenone 3 mg	21	none	7
Min-Ovral g = Portia, Ovima	30 mcg	levonorgestrel 0.15 mg	21	none	7
Seasonale same formulation as above but \$\$ for fancy packaging, if no insurance usually cheaper to buy Min-Ovral and skip sugar pills	30 mcg	levonorgestrel 0.15 mg	84 (=12w)	none	7
Seasonique	30 mcg	levonorgestrel 0.15 mg	84	7 (10 mcg)	0
Tri-Cyclen g = Tri-Jordyna	35 mcg	norgestimate 0.18/0.215/0.25 mg	7/7/7 (triphasic)	none	7
Synphasic	35 mcg	norethindrone 0.5/1.0 mg	12/9 (biphasic)	none	7
Triquilar	30/40/30 mcg	levonorgestrel 0.05/0.075/0.125 mg	6/5/10 (triphasic)	none	7
Diane-35 not approved as contraception in Canada as not safe for long-term use, Rx for 3-4mo only for severe acne	35 mcg	cyproterone 2 mg progestin is most anti-androgenic however linked to increase risk of blood clots → do not prescribe if risk factors (FHx, smoking, obesity)	21	none	7

Progestins by androgenic effect:

- drospirenone, desogestrel = anti-androgenic (good for acne)
- levonorgestrel = most androgenic (bad for acne)

Yaz & Yasmin (containing drospirenone)

- Health Canada review of studies showing increased RR of VTE that is 1.5-3x higher than other OCPs
- however AR still exceedingly low (e.g. for levonorgestrel containing OCPs risk of blood clot is 1 in 10,000/yr, so the estimated risk on Yaz or Yasmin is 1.5-3 in 10,000/yr)
- for context, risk of VTE in pregnancy is 1/1000 (appx 10x greater)
- should counsel pt about this ↑ RR but still ↓ AR as they may google their birth control and read about blood clots

Source: <https://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2011/13563a-eng.php>