

Comparison of Oral Contraceptives and Non-Oral Alternatives

—More information about the use of contraceptives
 is available in our PL Detail-Document, *Hormonal Contraception*—

Products ^a	Manufacturer ^b	Estrogen	Progestin
LOW-DOSE MONOPHASIC PILLS			
<i>Aubra</i> <i>Aviane</i> <i>Falmina</i> <i>Lessina</i> levonorgestrel/EE <i>Lutera</i> <i>Orsythia</i> <i>Sronyx</i>	Afaxys Teva Northstar Teva Lupin Actavis Qualitest Actavis	EE 20 mcg	Levonorgestrel 0.1 mg
<i>Gildess 1/20</i> <i>Gildess Fe 1/20</i> <i>Junel 1/20</i> <i>Junel Fe 1/20</i> <i>Loestrin-21 1/20</i> <i>Loestrin Fe 1/20</i> <i>Microgestin 1/20</i> <i>Microgestin Fe 1/20</i> <i>Trina Fe 1/20</i>	Qualitest Qualitest Teva Teva Teva Branded Teva Branded Actavis Actavis Afaxys	EE 20 mcg	Norethindrone acetate 1 mg
<i>Generess Fe chewable</i> <i>Layolis Fe</i> norethindrone/EE/ferrous fumarate	Actavis Actavis Mylan	EE 25 mcg	Norethindrone 0.8 mg
<i>Altavera</i> <i>Chateal</i> <i>Kurvelo</i> <i>Levora</i> <i>Marlissa</i> <i>Portia-28</i>	Sandoz Afaxys Lupin Actavis Glenmark Teva	EE 30 mcg	Levonorgestrel 0.15 mg
<i>Cryselle-28</i> <i>Elinest</i> <i>Low-Ogestrel-28</i> <i>Lo/Ovral-28</i>	Teva Northstar Actavis Pfizer	EE 30 mcg	Norgestrel 0.3 mg
<i>Gildess 1.5/30</i> <i>Gildess Fe 1.5/30</i> <i>Junel 1.5/30</i> <i>Junel Fe 1.5/30</i> <i>Larin 1.5/30</i> <i>Larin Fe 1.5/30</i> <i>Loestrin 1.5/30-21</i> <i>Loestrin Fe 1.5/30</i> <i>Microgestin 1.5/30</i> <i>Microgestin Fe 1.5/30</i>	Qualitest Qualitest Teva Teva Northstar Northstar Teva Branded Teva Branded Actavis Actavis	EE 30 mcg	Norethindrone acetate 1.5 mg

More . . .

Products^a	Manufacturer^b	Estrogen	Progestin
LOW-DOSE MONOPHASIC PILLS (cont.)			
<i>Apri</i> <i>Desogen</i> desogestrel/EE <i>Emoquette</i> <i>Enskyce</i> <i>Ortho-Cept</i> <i>Reclipsen</i>	Teva Merck Northstar Qualitest Lupin Janssen Actavis	EE 30 mcg	Desogestrel 0.15 mg
drospirenone/EE <i>Ocella</i> <i>Safyral[®]</i> <i>Syeda</i> <i>Zarah</i> <i>Yasmin</i>	Lupin Teva Bayer Sandoz Actavis Bayer	EE 30 mcg	Drospirenone 3 mg
<i>Kelnor 1/35</i> <i>Zovia 1/35</i>	Teva Actavis	EE 35 mcg	Ethinodiol diacetate 1 mg
<i>Estarylla</i> <i>Mono-Linyah</i> <i>MonoNessa</i> norgestimate/EE <i>Ortho-Cyclen</i> <i>Previfem</i> <i>Sprintec</i>	Sandoz Northstar Actavis Glenmark Janssen Qualitest Teva	EE 35 mcg	Norgestimate 0.25 mg
<i>Necon 1/50</i> <i>Norinyl 1+50</i>	Actavis Actavis	Mestranol 50 mcg	Norethindrone 1 mg
<i>Balziva</i> <i>Briellyn</i> <i>Femcon Fe</i> chewable <i>Gildagia</i> <i>Philith</i> <i>Vyfemla</i> <i>Wymzya Fe</i> chewable <i>Zenchant</i>	Teva Glenmark Actavis Qualitest Northstar Lupin Lupin Actavis	EE 35 mcg	Norethindrone 0.4 mg; total of 8.4 mg/cycle. ¹
<i>Brevicon-28</i> <i>Modicon</i> <i>Necon 0.5/35</i> <i>Nortrel 0.5/35</i> <i>Wera</i>	Actavis Janssen Actavis Teva Northstar	EE 35 mcg	Norethindrone 0.5 mg; total of 10.5 mg/cycle.
<i>Alyacen 1/35</i> <i>Cyclafem 1/35</i> <i>Dasetta 1/35</i> <i>Necon 1/35-28</i> <i>Norinyl 1+35</i> <i>Nortrel 1/35</i> <i>Ortho-Novum 1/35</i> <i>Pirmella 1/35</i>	Glenmark Qualitest Northstar Actavis Actavis Teva Janssen Lupin	EE 35 mcg	Norethindrone 1 mg; total of 21 mg/cycle. ¹

Products^a	Manufacturer^b	Estrogen	Progestin
HIGH-DOSE MONOPHASIC PILLS			
<i>Ogestrel 0.5/50-28</i>	Actavis	EE 50 mcg	Norgestrel 0.5 mg
<i>Zovia 1/50-28</i>	Actavis	EE 50 mcg	Ethinodiol diacetate 1 mg
BIPHASIC PILLS			
<i>Azurette</i> <i>Kariva</i> <i>Mircette</i> <i>Viorele</i>	Actavis Teva Teva Branded Glenmark	EE 20 mcg x 21 days, placebo x 2 days, 10 mcg x 5 days.	Desogestrel 0.15 mg x 21 days
<i>Necon 10/11</i>	Actavis	EE 35 mcg	Norethindrone 0.5 mg x 10 days, 1 mg x 11 days.
TRIPHASIC PILLS			
<i>Tilia Fe</i> <i>Tri-Legest Fe-28</i>	Actavis Teva	EE 20 mcg x 5 days, 30 mcg x 7 days, 35 mcg x 9 days	Norethindrone acetate 1 mg x 21 days
<i>Norgestimate/EE</i> <i>Ortho Tri-Cyclen Lo</i>	Lupin Janssen	EE 25 mcg x 21 days	Norgestimate 0.18 mg x 7 days, 0.215 mg x 7 days, 0.25 mg x 7 days.
<i>Caziant</i> <i>Cyclessa</i> <i>Velivet</i>	Actavis Merck Teva	EE 25 mcg x 21 days	Desogestrel 0.1 mg x 7 days, 0.125 mg x 7 days, 0.15 mg x 7 days.
<i>Enpresse-28</i> <i>Levonest</i> <i>Myzilra</i> <i>Trivora</i>	Teva Northstar Qualitest Actavis	EE 30 mcg x 6 days, 40 mcg x 5 days, 30 mcg x 10 days.	Levonorgestrel 0.05 mg x 6 days, 0.075 mg x 5 days, 0.125 mg x 10 days. Total of 1.925 mg/cycle. ¹
<i>Norgestimate/EE</i> <i>Ortho Tri-Cyclen</i> <i>Tri-Estarylla</i> <i>Tri-Linyah</i> <i>TriNessa</i> <i>Tri-Previfem</i> <i>Tri-Sprintec</i>	Glenmark Janssen Sandoz Northstar Actavis Qualitest Teva	EE 35 mcg x 21 days	Norgestimate 0.18 mg x 7 days, 0.215 mg x 7 days, 0.25 mg x 7 days.
<i>Aranelle</i> <i>Leena</i> <i>Tri-Norinyl</i>	Teva Actavis Actavis	EE 35 mcg x 21 days	Norethindrone 0.5 mg x 7 days, 1 mg x 9 days, 0.5 mg x 5 days. Total of 15 mg/cycle. ¹
<i>Alyacen 7/7/7</i> <i>Cyclafem 7/7/7</i> <i>Dasetta 7/7/7</i> <i>Nortrel 7/7/7</i> <i>Necon 7/7/7</i> <i>Ortho-Novum 7/7/7</i> <i>Pirmella 7/7/7</i>	Glenmark Qualitest Northstar Teva Actavis Janssen Lupin	EE 35 mcg x 21 days	Norethindrone 0.5 mg x 7 days, 0.75 mg x 7 days, 1 mg x 7 days. Total of 15.75 mg/cycle. ¹

Products^a	Manufacturer^b	Estrogen	Progestin
FOUR-PHASIC			
<i>Natazia</i>	Bayer	Estradiol valerate 3 mg x 2 days, then 2 mg x 22 days, then 1 mg x 2 days, then 2-day pill-free interval.	Dienogest none x 2 days, then 2 mg x 5 days, then 3 mg x 17 days, then none x 4 days
EXTENDED-CYCLE PILLS			
<i>Lo Loestrin Fe</i>	Actavis	EE 10 mcg x 26 days	Norethindrone acetate 1 mg x 24 days
<i>Larin 1/20</i> <i>Larin 1/20 Fe</i> <i>Minastrin 24 Fe</i> chewable	Northstar Northstar Actavis	EE 20 mcg x 24 days	Norethindrone acetate 1 mg x 24 days
<i>Amethia Lo</i> <i>Camrese Lo</i> levonorgestrel/EE <i>LoSeasonique</i>	Actavis Teva Lupin Teva Branded	EE 20 mcg x 84 days, 10 mcg x 7 days.	Levonorgestrel 0.1 mg x 84 days
<i>Introvale</i> <i>Jolessa</i> levonorgestrel/EE <i>Quasense</i>	Sandoz Teva Lupin Actavis	EE 30 mcg x 84 days	Levonorgestrel 0.15 mg x 84 days
<i>Amethia</i> <i>Ashlyna</i> <i>Daysee</i> <i>Seasonique</i>	Actavis Glenmark Lupin Teva Branded	EE 30 mcg x 84 days, 10 mcg x 7 days.	Levonorgestrel 0.15 mg x 84 days
<i>Quartette</i>	Teva Branded	EE 20 mcg x 42 days, 25 mcg x 21 days, 30 mcg x 21 days, then 10 mcg x 7 days	Levonorgestrel 0.15 mg x 84 days
<i>Beyaz^c</i> <i>Gianvi</i> <i>Loryna</i> <i>Nikki</i> <i>Vestura</i> <i>Yaz</i>	Bayer Teva Sandoz Lupin Actavis Bayer	EE 20 mcg x 24 days	Drospirenone 3 mg x 24 days
CONTINUOUS-CYCLE PILLS			
<i>Amethyst</i> (No pill-free interval)	Actavis	EE 20 mcg	Levonorgestrel 90 mcg

Products ^a	Manufacturer ^b	Estrogen	Progestin
PROGESTIN-ONLY PILLS^d - "Mini-pill"			
<i>Camila</i> <i>Errin</i> <i>Heather</i> <i>Jencycla</i> <i>Jolivette</i> <i>Lyza</i> <i>Ortho Micronor</i> <i>Nor-QD</i> <i>Nora-BE</i> norethindrone 0.35 mg	Teva Teva Glenmark Lupin Actavis Afaxys Janssen Actavis Actavis Lupin	Not applicable	Norethindrone 0.35 mg
EMERGENCY CONTRACEPTION			
<i>Ella</i>	Afaxys	Not applicable	Ulipristal 30 mg tablet (progesterone receptor modulator)
<i>After Pill</i> <i>EContra EZ</i> <i>Fallback Solo</i> <i>My Way</i> <i>Next Choice One Dose</i> <i>Opticon One Step</i> <i>Plan B One-Step</i> <i>Take Action</i> others	Syzygy Afaxys Lupin Gavis Actavis Sun Pharma Teva Branded Teva	Not applicable	Levonorgestrel 1.5 mg tablet x 1

Abbreviation: EE = ethinyl estradiol

HORMONAL ALTERNATIVES TO ORAL CONTRACEPTION

Brand Name Dose/Route	Manufacturer	Estrogen	Progestin
<i>Depo-Provera CI</i> <i>Medroxyprogesterone</i> <i>Acetate Injection</i> ^{3,d} WAC \$145 Intramuscular (IM) injection in the gluteal or deltoid muscle once every 3 months (13 weeks)	Pfizer	None	Medroxyprogesterone acetate 150 mg
<i>Depo-subQ Provera 104</i> ^{4,d,e} WAC \$138 0.65 mL (104 mg) subcutaneous (SC) injection into the anterior thigh or abdomen, once every 3 months (12-14 weeks)	Pfizer	None	Medroxyprogesterone acetate 104 mg

Brand Name Dose/Route	Manufacturer	Estrogen	Progestin
<i>Implanon</i> ^{13,d,f} WAC \$770 Implanted subdermally just under the skin at the inner side of the non-dominant arm. <i>Implanon</i> and <i>Nexplanon</i> differ in their insertion applicator and radio-opacity.	Merck	None	Etonogestrel (release rate varies over time) for up to 3 years
<i>Liletta</i> ¹² (IUD) WAC \$625	Actavis	None	Levonorgestrel 18.6 mcg/day initially then approximately 16.3 mcg/day at 1 year, 14.3 mcg/day at 2 years, and 12.6 mcg/day at 3 years. Must be removed by the end of the third year.
<i>Mirena</i> ^{6,d,g} (IUD) WAC \$810	Bayer	None	Levonorgestrel 20 mcg/day for up to 5 years
<i>Nexplanon</i> ^{5,d,f} WAC \$770 Implanted subdermally just under the skin at the inner side of the non-dominant arm. <i>Implanon</i> and <i>Nexplanon</i> differ in their insertion applicator and radio-opacity.	Merck	None	Etonogestrel (release rate varies over time) for up to 3 years
<i>NuvaRing</i> ⁷ WAC \$110 Vaginal ring inserted and left in for 3 weeks and removed for 1 week	Merck	Ethinyl estradiol 15 mcg/day	Etonogestrel (active form of desogestrel) 0.12 mg/day
<i>Ortho Evra</i> ^{9,h,i} WAC \$37 Transdermal patch applied weekly (for 3 weeks, then week 4 is patch-free)	Janssen	Ethinyl estradiol 35 mcg/day	Norelgestromin (active form of norgestimate) 200 mcg/day

Brand Name Dose/Route	Manufacturer	Estrogen	Progestin
<i>ParaGard T380A</i> (IUD) WAC \$739	Teva	Non-hormonal, copper IUD	
<i>Skyla</i> ^{8,d} (IUD) WAC \$650	Bayer	None	Levonorgestrel 14 mcg/day (after first 24 days of insertion) for up to 3 years

Abbreviations: IUD=intrauterine device; WAC=wholesale acquisition cost

- a. This grouping is not an indication of therapeutic equivalence for purposes of substitution as defined by the FDA's Orange Book. For therapeutic equivalence, consult the Orange Book (<http://www.accessdata.fda.gov/scripts/cder/ob/default.cfm>).
- b. On January 24, 2013, the name of Watson Pharmaceuticals was changed to Actavis, Inc.
- c. *Beyaz* and *Safyral* also contain levomefolate (0.451 mg) in each tablet.
- d. Progestin-only contraceptives considered to be safer than combined oral contraceptives for women with: migraine headache [Level B]; smoker over 35 years old [Level A]; history of thromboembolic disease [Level A]; initial 21 days postpartum (in women with risk factors for thromboembolism, avoid estrogen-containing contraceptives for 42 days after delivery);¹⁴ hypertension with vascular disease or over 35 years of age; diabetes with vascular disease or over 35 years of age; systemic lupus erythematosus with vascular disease, nephritis, or antiphospholipid antibodies [Level B]; hypertriglyceridemia.² Combined oral contraceptives are contraindicated in coronary artery disease, congestive heart failure, and cerebrovascular disease; a progestin-only contraceptive may be an appropriate alternative for women with these conditions [Level C]. Combined oral contraceptives may be considered for women with migraine who do not have focal neurologic signs, do not smoke, are otherwise healthy, and are younger than 35 years old [Level B]. Progestin-only contraceptives can be started immediately postpartum.^{1,2} They are the preferred form of hormonal contraception in women who are breastfeeding; combined oral contraceptives can be considered after first postpartum month (see postpartum info above for exceptions).¹⁴
- e. FDA approved for use as a contraceptive and for management of pain associated with endometriosis.⁴
- f. Effectiveness rate in very overweight women unknown.¹
- g. FDA-approved for use as a contraceptive and to treat heavy menstrual bleeding in women who use IUD for contraception.⁶
- h. Cycle control poor in 20% of women in first cycle. More breast discomfort in first 2 cycles than with combined oral contraceptive. Body weight >90 kg may increase risk of unintended pregnancy.¹ Has been used continuously with 12 active patches in a row followed by 7-day patch-free interval.¹⁰
- i. Release rate extrapolated from Canadian product monograph which shows identical pharmacokinetic data for *Evra* (Canada) and *Ortho Evra* (U.S.).¹¹

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Levels of Evidence

In accordance with the trend towards Evidence-Based Medicine, we are citing the **LEVEL OF EVIDENCE** for the statements we publish.

Level	Definition
A	High-quality randomized controlled trial (RCT) High-quality meta-analysis (quantitative systematic review)
B	Nonrandomized clinical trial Nonquantitative systematic review Lower quality RCT Clinical cohort study Case-control study Historical control Epidemiologic study
C	Consensus Expert opinion
D	Anecdotal evidence In vitro or animal study

Adapted from Siwek J, et al. How to write an evidence-based clinical review article. *Am Fam Physician* 2002;65:251-8.



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Guide for Helping Patients Afford Their Medications

Medication adherence is a huge focus in health care. Adherence helps keep patients healthy, and improving adherence rates has the potential to save billions of health care dollars. However, the inability to afford meds is a known barrier to adherence. There are many ways to help patients improve their ability to afford medications, from tweaking regimens to helping them find assistance programs. This document has cost saving tips you can use, as well as a list of programs and other helpful resources to recommend to patients. Note that the list may not be all-inclusive of such programs.

Cost Saving Tips

Review patients' medications. Look for:

- duplicates or overlapping drugs or supplements that can be eliminated;
- brand products that can be switched to generics or therapeutic alternatives;
- drugs that are being used to treat preventable side effects of other drugs;
- additional switches that can make drugs more affordable (check *Consumer Reports Best Buy Drugs* [<http://www.consumerreports.org/health/best-buy-drugs/index.htm>] for medications that are considered best values for treating specific disease states as well as other cost saving tips such as cost-effective OTC alternatives to some Rx drugs).

Recommend tablet splitting when appropriate, for drugs that are priced similarly between strengths. This includes most statins, amlodipine, sertraline, and metoprolol extended-release tablets.

Suggest purchasing larger quantities of medication at one time. A 90-day supply can cost less and reduce co-pays compared to a 30-day supply.

Drug samples and co-pay coupons can save patients money upfront. However, they can end up costing patients more in the long run. Patients get stabilized on these meds, which are often newer and more expensive. With co-pay coupons, the patient may not realize what the true co-pay for the drug will be until the coupon expires or the max amount covered by the coupon is reached. Save samples and coupons for drugs that don't have more affordable alternatives, or are used short-term such as antibiotics. Keep in mind that co-pay coupons can't be used by patients with government-funded drug coverage (e.g., Medicare, Medicaid, TRICARE). **Discount or savings cards** are typically used as an alternative to insurance, although requirements for eligibility can vary. Encourage patients to ask if their pharmacy has their own discount, which may be more cost-effective.

Assistance programs such as those offered by states or drug companies vary and may have income requirements. These may help with costs when patients are in the "donut hole." Some organizations, like the Leukemia and Lymphoma Society, will help patients pay for the cost of treatments for specific diseases. Note that not all money paid by assistance programs contributes to out-of-pocket expenses for Medicare Part D participants. For example, money paid by state-sponsored programs or charitable organizations will typically count, whereas money paid by manufacturers' programs may not. In general, help patients understand the fine print with any of these programs. For example, there may be expiration dates, limits on amounts, or exclusions (e.g., patients with government-funded insurance). There are also concerns that some of these programs may increase overall health care costs or insurance premiums.

—Continue to the next page for a list of cost-saving resources and programs—

More . . .

Web-based Resources for Savings on Medications	
Information Source	Comments
www.goodrx.com	Site allows drug price comparisons between pharmacies for a specific drug, and has a free app for iPhone or Android that has this functionality in addition to access to drug coupons. Also includes a free discount card that can be ordered via mail and other helpful tools such as a pill identifier and savings opportunities on pet meds.
www.needymeds.org 800-503-6897	Site lists brand and generic drugs available through patient assistance programs, as well as diagnosis-based assistance information. There is a list of manufacturers with patient assistance programs. Information about Medicaid, Medicare, and other state assistance programs is also available.
www.rxassist.org	Site provides information on patient assistance programs through manufacturer, brand, and generic drug name search. Has information for patients describing various options for Rx assistance.
www.pparx.org 888-477-2669	Site allows search for public and private assistance programs by manufacturer (programs from non-member companies are not listed). Information about Medicaid, Medicare, and co-pay assistance programs is also available.
www.rxhope.com 877-267-0517	Site provides patient assistance information through manufacturer or drug name search. Advanced search available to help patients determine eligibility for state- and company-sponsored patient assistance programs.
www.benefitscheckup.org	Site provides a personalized report of public and private programs available to help reduce costs of prescription drugs. Also includes online application for Medicare Rx Extra Help (low income subsidy). Geared toward aiding individuals 55 years and older. Service provided by the National Council on Aging.
Medicare.gov 800-MEDICARE	Medicare.gov has a searchable database for state programs that help Medicare patients pay for prescription drug plan premiums and other costs, http://www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx . In addition, Medicare.gov has a search available to find assistance programs from manufacturers, https://www.medicare.gov/pharmaceutical-assistance-program/index.aspx .

Patient Assistance and Discount Programs					
Program	Cost	Eligibility	Enrollment	Formulary	Discount
AZ & Me (AstraZeneca)	Free	Uninsured individuals or individuals with Medicare Part D with an income below \$35,000, couples with an income below \$48,000, families of three with an income of less than \$60,000, and so on	800-292-6363 or www.AZandMe.com	Many AstraZeneca prescription medicines	Medication is free
GSK Access (GlaxoSmithKline)	Free	Medicare Part D participants who have spent \$600 on medicines through their Part D plan and who have qualifying incomes	866-518-4357 or www.gsk-access.com	Around 50 GSK prescription medicines	Medication is free. Refills must be obtained through mail order.
Bridges to Access (GlaxoSmithKline)	Free	Individuals who do not have Rx drug coverage and who meet income requirements	888-825-5249 or www.bridgestoaccess.com	Around 50 GSK prescription medicines	Medication is free. Refills must be obtained through mail order.
Commitment to Access (GlaxoSmithKline)	Free	Individuals who have Rx drug coverage and meet income requirements	866-265-6491 or www.gskcta.com/copay/	GSK cancer and certain specialty medicines	GSK assists with co-pays
Lilly Cares (Eli Lilly)	Free	Individuals who do not have Rx drug coverage and meet income requirements	800-545-6962 or www.lillytruassist.com	Many Lilly prescription medicines	Medication is free. Refills must be obtained through mail order.
Lilly Medicare Answers (Eli Lilly)	Free	Medicare Part D participants who do not qualify for Low-Income Subsidy and who meet income requirements.	877-795-4559 or www.lillytruassist.com	Many Lilly prescription medicines	Medication is free. Refills must be obtained through mail order.

Patient Assistance and Discount Programs					
Program	Cost	Eligibility	Enrollment	Formulary	Discount
Merck Patient Assistance Program (Merck)	Free	Those with no Rx drug coverage who meet income requirements. Exceptions can be requested.	800-727-5400 or www.merckhelps.com	Many Merck prescription medicines	Prescriptions are free. Refills must be obtained through mail order.
Patient Access Network	Free	Those with Rx drug coverage who meet income requirements	866-316-7263 or www.panfoundation.org/fundingapplication/welcome.php	A list of medications to treat specific conditions	Co-pay assistance
Pfizer Rx Pathways (Pfizer)	Free	Eligibility requirements vary by medication and type of assistance provided.	866-706-2400 or www.pfizerrxpathways.com	Many Pfizer prescription medicines	Prescriptions are free or discounted.
Pharmacy Reward	Free	Everyone	www.pharmacyreward.com/needymeds/index.cfm	All Rx drugs. Check website for participating pharmacies.	Participants pay pharmacy's lowest price. Members save money about 90% of the time.
WellCard Savings (AccessOne Consumer Health)	Free	Everyone	https://www.wellcardsavings.com/public/pharmacy.aspx	All Rx drugs. Check website for participating pharmacies.	Average savings of 65% on drug prices in retail pharmacies

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