

July 2023 ~ Resource #390718

Canada: Comparison of Oral Contraceptives and Non-Oral Alternatives

Products ^{a,b}	Manufacturer	Estrogen	Progestin
LOW-DOSE MONOPHASIC PILLS			
<i>Alesse</i> ^{c,d} <i>Alysena</i> ^{c,d} <i>Audrina</i> ^{c,d} <i>Aviane</i> ^{c,d}	Pfizer Canada Apotex JAMP Pharma Teva Canada	EE 20 mcg	Levonorgestrel 0.1 mg
<i>Min-Ovral</i> ^c <i>Ovima</i> ^c <i>Portia</i> ^c	Pfizer Canada Apotex Teva Canada	EE 30 mcg	Levonorgestrel 0.15 mg
<i>Apri</i> ^c <i>Freya</i> ^c <i>Marvelon</i> ^c <i>Mirvala</i> ^c	Teva Canada Mylan Organon Canada Apotex	EE 30 mcg	Desogestrel 0.15 mg
<i>Yasmin</i> ^{c,d} <i>Zamine</i> ^{c,d} Drospirenone/EE ^{c,d}	Bayer Apotex Glenmark	EE 30 mcg	Drospirenone 3 mg
<i>Brevicon 0.5/35</i> ^c	Pfizer Canada	EE 35 mcg	Norethindrone 0.5 mg
<i>Brevicon 1/35</i> ^c <i>Select 1/35</i> ^c	Pfizer Canada Pfizer Canada	EE 35 mcg	Norethindrone 1 mg
BIPHASIC PILLS			
<i>Synphasic</i> ^c	Pfizer Canada	EE 35 mcg	Norethindrone 0.5 mg x 12 days, 1 mg x 9 days
TRIPHASIC PILLS			
<i>Tri-Cira Lo</i> ^c	Apotex	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>Linessa</i> ^c	Aspen Pharmacare Canada	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>Triquilar</i> ^c	Bayer	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
<i>Tri-Cira</i> ^{c,d} <i>Tri-Jordyna</i> ^{c,d}	Apotex Glenmark Canada	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

Products^{a,b}	Manufacturer	Estrogen	Progestin
EXTENDED-CYCLE PILLS			
<i>LoLo^j</i>	AbbVie	EE 10 mcg x 26 days	Norethindrone acetate 1 mg x 24 days
<i>Indayo Seasonale</i>	Mylan Teva Canada	EE 30 mcg x 84 days	Levonorgestrel 0.15 mg x 84 days
<i>Seasonique</i>	Teva Canada	EE 30 mcg x 84 days, 10 mcg x 7 days	Levonorgestrel 0.15 mg x 84 days
<i>Mya^d Yaz^d Yaz Plus^{d,e} Drospirenone/EE^d</i>	Apotex Bayer Bayer Glenmark Canada	EE 20 mcg x 24 days	Drospirenone 3 mg x 24 days
<i>Nextstellis^j</i>	Searchlight Pharma	Estetrol 15 mg x 24 days	Drospirenone 3 mg x 24 days
PROGESTIN-ONLY PILLS-“Mini-pill”			
<i>Jencycla Maeve Movisse</i>	Sandoz Canada Glenmark Mylan	None	Norethindrone 0.35 mg
<i>Slynd</i>	Duchesnay	None	Drospirenone 4 mg x 24 days
EMERGENCY CONTRACEPTION			
<i>Ella</i>	AbbVie	None	Ulipristal (progesterone receptor modulator) 30 mg tablet x 1
<i>Backup Plan Onestep Contingency One Plan B</i>	Apotex Mylan Paladin Labs	None	Levonorgestrel 1.5 mg tablet x 1
NON-ORAL ALTERNATIVES TO ORAL CONTRACEPTION			
Brand Name^b Dose/Route	Manufacturer	Estrogen	Progestin
<i>Depo-Provera^{1,g}</i> 150 mg/mL IM injection every three months	Pfizer Canada	None	Medroxyprogesterone acetate 150 mg
<i>Evra^{4,i}</i> Transdermal patch applied weekly for three weeks, followed by a patch-free week (i.e., week four)	Searchlight Pharma	EE 35 mcg/day	Norelgestromin (active form of norgestimate) 200 mcg/day
<i>Kyleena⁵</i> (IUS)	Bayer	None	Levonorgestrel Average 9 mcg/day over 5 years. Must be removed after five years.

Brand Name^b Dose/Route	Manufacturer	Estrogen	Progestin
NON-ORAL ALTERNATIVES TO ORAL CONTRACEPTION, continued			
<i>Mirena</i> ^{2,f} (IUS)	Bayer	None	Levonorgestrel Average 15 mcg/day over five years. Must be removed after five years.
<i>Nexplanon</i> ^{6,h} Implanted subdermally just under the skin at the inner side of the non-dominant arm.	Organon Canada	None	Etonogestrel (active form of desogestrel) After about 5 to 6 weeks: 60 to 70 mcg/day, then at the end of first year: ~35 to 45 mcg/day, at the end of second year: ~30 to 40 mcg/day, and at the end of third year: ~25 to 30 mcg/day. Must be removed after three years.
<i>NuvaRing</i> , ³ <i>Haloette</i> ⁸ Vaginal ring left in for three weeks, followed by a ring-free week (i.e., week four)	Organon Canada (<i>NuvaRing</i>) Searchlight Pharma (<i>Haloette</i>)	EE 15 mcg/day	Etonogestrel (active form of desogestrel) 120 mcg/day
<i>Nova-T</i> <i>Flexi-T</i> <i>Liberte</i> <i>Mona Lisa</i> <i>SMB</i>	Bayer Prosan 7-Med Industrie Searchlight Pharma SMB Medical Devices	Non-hormonal, copper IUDs. ¹¹ Time to removal ranges from 2.5 to 10 years, depending on the product. Consult product labeling for specific timing.	

Abbreviations: EE = ethinyl estradiol; IM = intramuscular; IUD = intrauterine device; IUS = intrauterine system.

- Products are grouped together based on hormone content. This grouping is not an indication of therapeutic equivalence for purposes of substitution.
- For information on which hormonal contraceptive to use, see our chart, *Choosing a Hormonal Contraceptive*.
- Available in 21- and 28-day packs. 28-day packs have seven placebo pills.
- Health Canada-approved for contraception and acne.
- Yaz Plus* contains levomefolate 451 mcg in each tablet of the 28-day regimen.
- Health Canada-approved for contraception and idiopathic menorrhagia.²
- Health Canada-approved for contraception and treatment of endometriosis.¹
- Effectiveness of *Nexplanon* has not been studied in females who are overweight (i.e., >130% of ideal body weight). Etonogestrel serum concentrations are inversely related to body weight and decrease over time; therefore, removal and replacement before three years should be considered in females who are overweight, due to the potential for reduced efficacy.⁶
- Use in females with a body weight ≥ 90 kg may have reduced efficacy.⁴
- The efficacy of *Nextstellis* and *LoLo* in patients with a BMI >35 kg/m² has not been studied.^{7,9} [Note that US product labeling states that *Nextstellis* may be less effective in patients with a body mass index (BMI) ≥ 30 kg/m², and that reduced efficacy may be associated with increasing BMI.]¹⁰

Users of this resource are cautioned to use their own professional judgment and consult any other necessary or appropriate sources prior to making clinical judgments based on the content of this document. Our editors have researched the information with input from experts, government agencies, and national organizations. Information and internet links in this article were current as of the date of publication.

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