

Table 1: Hormonal Contraceptive Options for Reducing Menstruation

	Continuous or Extended COC*†	DMPA*	LNG IUD*	Combination Transdermal Patch*‡	Contraceptive Vaginal Ring*‡
Effect on Menses	88% amenorrheic at one year	50%-73% amenorrheic at one year	94% ↓ MBL 80% amenorrheic or oligomenorrheic	Similar to COC	Similar to COC
Disadvantages	Breakthrough bleeding/spotting	Irregular bleeding/spotting	Irregular bleeding/spotting	Breakthrough bleeding/spotting	Breakthrough bleeding/spotting

EE — ethinyl estradiol
MBL — menstrual blood loss

* All of the uses listed represent off-label indications.

† The application for Seasonale has been accepted by the U.S. Food and Drug Administration and, at press time, was expected to be on the market by fall 2003.

‡ There are no published data on extended use of Ortho Evra or NuvaRing.

Table 2: Four Recent Randomized Clinical Trials of Extended Cycle or Continuous-Use OC Regimens vs. Conventional (21/7) Regimens

OC Formulation	Regimen (N)	Duration	Ref #
20 mcg EE/ 100 mcg LNG (Alesse)	conventional 21/7 (16) continuous 168/0 (16)	Six months	1
20 mcg EE/ 100 mcg LNG (Alesse)	conventional 21/7 (28) continuous 336/0 (32)	12 months	2
30 mcg EE/ 300 mcg NGL (Lo/Ovral-28)	conventional 21/7 (24) extended 42/7 (29)	4 trimesters	3
30 mcg EE/ 150 mcg LNG (Nordette)	conventional 21/7 (225)	12 months	4
30 mcg EE/ 150 mcg LNG (Seasonale)	extended 84/7 (454)	12 months	4

EE — ethinyl estradiol; NGL — norgestrel; LNG — levonorgestrel

References

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2. Miller L, Hughes JP. Continuous combination oral contraceptive pills to eliminate withdrawal bleeding: a randomized trial. *Obstet Gynecol* 2003; 101:653-661.
3. Miller L, Notter KM. Menstrual reduction with extended use of combination oral contraceptive pills: Randomized controlled trial. *Obstet Gynecol* 2001; 98:771-778.
4. Anderson FD. *Obstet Gynecol* 2002;99(suppl):26S. Poster presented at America College of Obstetricians and Gynecologists 50th annual clinical meeting. Los Angeles; May 4-8, 2002.