

## South East London Integrated Medicines Optimisation Committee

### Formulary recommendation

<b>Reference</b>	<b>162</b>
<b>Intervention:</b>	<b>Drospirenone (Slynd®) 4mg tablets as a progestogen only contraceptive</b> (Drospirenone is a progestogen and spironolactone derivative with anti-mineralocorticoid and mild anti-androgenic activity)
<b>Date of Decision:</b>	<b>August 2025</b>
<b>Date of Issue:</b>	<b>September 2025</b>
<b>Recommendation</b>	<b>GREEN – can be prescribed within agreed criteria for use in primary or secondary care</b>
<b>Further Information:</b>	<ul style="list-style-type: none"> <li>Drospirenone (Slynd®) is accepted for use in South East London (SEL) in line with its licensed use*, restricted for use as a second line progestogen only contraceptive pill (POP) in females considered suitable for contraception with a POP.</li> <li>In line with the <a href="#">SEL adult Joint Medicines Formulary</a> drospirenone can be considered as a <b>second line option</b> after desogestrel (which is the first line POP) if there are contraindications or intolerance experienced with desogestrel, particularly regular unscheduled bleeding.</li> <li>Please refer to the <a href="#">Summary of Product Characteristics</a> (SPC) and <a href="#">patient information leaflet</a> for practical and detailed information regarding dosing, administration, side effects and cautions/contraindications for use.</li> <li>Drospirenone has potassium sparing properties and in most cases, no increase of potassium levels is to be expected. In line with the <a href="#">SPC</a>, it is recommended to check serum potassium levels during the first treatment cycle in women presenting with renal insufficiency and in those using concomitant potassium sparing medicinal products.</li> <li>In line with advice from the <a href="#">National Institute for Health and Care Excellence</a> (NICE), women requiring contraception should be given information about all contraception methods, including long-acting reversible contraception (LARC) methods, to help them make an informed choice.</li> <li>Further information in relation to the use of drospirenone as a POP and contraception recommendations can also be accessed via the following national resources: <ul style="list-style-type: none"> <li><a href="#">NICE Clinical Knowledge Summaries (CKS) – contraception assessment</a></li> <li><a href="#">NICE CKS contraception – progestogen only methods</a></li> <li><a href="#">Faculty of Sexual &amp; Reproductive Healthcare (FSRH) Clinical Effectiveness Unit (CEU) statement for drospirenone</a></li> </ul> </li> </ul> <p>*Drospirenone 4mg tablets is licensed for females of childbearing potential as contraception to prevent pregnancy.</p>
<b>Shared Care/Transfer of care document required:</b>	N/A
<b>Cost Impact for agreed patient group</b>	<ul style="list-style-type: none"> <li>The application estimates that drospirenone may account for up to 30% of POP use in SEL and the remaining 70% will remain as desogestrel.</li> <li>The cost difference between drospirenone and desogestrel is £12.61 per pack (84 days), and £54.83 per annum (drospirenone is ~7 times more expensive than desogestrel)</li> <li>If 10 - 30% of desogestrel use in SEL is replaced with drospirenone this would equate to £140,000 - £420,000 per annum (£7,000 - £21,000 per 100,000 SEL population).</li> <li>The applicant noted that although the cost associated with drospirenone are greater in comparison to desogestrel in this setting, the availability of drospirenone locally may provide offset cost from admissions associated with pregnancy related complications and complex surgeries.</li> <li>The application made to IMOC was supported by the six local authorities who commission sexual and reproductive health services locally.</li> </ul>

<b>Usage Monitoring &amp; Impact Assessment</b>	<b>Acute Trusts:</b> <ul style="list-style-type: none"> <li>Monitor use and submit usage data and audit reports upon request to the Committee</li> </ul> <b>SEL Borough Medicines Teams:</b> <ul style="list-style-type: none"> <li>Sexual and reproductive health services are commissioned by local authorities (LA). Medicines teams should work with their LA leads to monitor use locally.</li> <li>Monitor primary care prescribing data for prescribing trends.</li> <li>Exception reports from GPs if inappropriate prescribing requests are made to primary care</li> </ul>
<b>Evidence reviewed</b>	<b>References (from evidence evaluation):</b> <ol style="list-style-type: none"> <li>NICE CG30 Long Acting Reversible Contraception.</li> <li>Palacios S, Colli E, Regidor P. Bleeding profile of women using a drospirenone-only pill 4 mg over nine cycles in comparison with desogestrel 0.075 mg. PLOS ONE 2020 15 (6) e0231856.</li> <li>Faculty of Sexual and Reproductive Healthcare Guideline for Progesterone Only Pills – July 2023.</li> <li>Norgeston (levonorgestrel) tablets, Summary of Product Characteristics. Available online at: <a href="https://www.medicines.org.uk/emc/product/1133/smpc">https://www.medicines.org.uk/emc/product/1133/smpc</a> (accessed 11/07/2025).</li> <li>Cerazette (desogestrel) tablets, Summary of Product Characteristics. Available online at: <a href="https://www.medicines.org.uk/emc/product/1698/smpc">https://www.medicines.org.uk/emc/product/1698/smpc</a> (accessed 11/07/2025).</li> <li>Slynd (drospirenone) tablets. Summary of Product Characteristics. Available online at: <a href="https://www.medicines.org.uk/emc/product/15275/smpc">https://www.medicines.org.uk/emc/product/15275/smpc</a> (accessed 11/07/2025).</li> <li>Palacios S, Regidor P, Colli E et al. Oestrogen-free oral contraception with a 4 mg drospirenone-only pill: new data and a review of the literature. The European Journal of Contraception &amp; Reproductive Health Care 2020 25 (3) p221-227.</li> <li>Slynd: does a drospirenone progestogen-only pill offer an advantage? Drugs and Therapeutics Bulletin 2024 62 (4) p55-59.</li> <li>European medicines agency. clinical investigation of steroid contraceptives in women -scientific guideline [online]. 2006. Available at: <a href="https://www.ema.europa.eu/en/clinical-investigation-steroid-contraceptives-women-scientific-guideline#current-effective-version-section">https://www.ema.europa.eu/en/clinical-investigation-steroid-contraceptives-women-scientific-guideline#current-effective-version-section</a> (accessed 14/07/2025).</li> <li>US Food and Drug Administration. Establishing effectiveness and safety for hormonal drug products intended to prevent pregnancy guidance for industry [online]. 2019. Available at: <a href="https://www.fda.gov/regulatory-information/search-fda-guidance-documents/establishing-effectiveness-and-safety-hormonal-drug-products-intended-prevent-pregnancy-guidance">https://www.fda.gov/regulatory-information/search-fda-guidance-documents/establishing-effectiveness-and-safety-hormonal-drug-products-intended-prevent-pregnancy-guidance</a> (accessed 14/07/2025).</li> <li>Palacios S, Colli E, Regidor PA. Multicenter, phase III trials on the contraceptive efficacy, tolerability and safety of a new drospirenone-only pill. Acta Obstet Gynecol Scand 2019;98:1549–57.</li> <li>Kimble T, Burke A, Barnhart K et al. A 1-year prospective, open-label, single-arm, multicenter, phase 3 trial of the contraceptive efficacy and safety of the oral progestin-only pill drospirenone 4 mg using a 24/4-day regimen. Contracept 2020;2:100020.</li> <li>Apter D, Colli E, Gemzell-Danielsson K, et al. Multicenter, open-label trial to assess the safety and tolerability of drospirenone 4.0 mg over 6 cycles in female adolescents, with a 7-cycle extension phase. Contraception 2020;101:412–9.</li> <li>Public Assessment Report – Scientific Discussion. Drospirenone Exeltis (drospirenone). Swedish Medical Products Agency 2019.</li> <li>Duijkers I, Heger-Mahn D, Drouin D, et al. Maintenance of ovulation inhibition with a new progestogen-only pill containing drospirenone after scheduled 24-h delays in pill intake. Contraception 2016;93:303–9.</li> <li>Zuniga C, Blanchard K, Harper C et al. Effectiveness and efficacy rates of progestin-only pills: A comprehensive literature review. Contraception 2023 (119) 109925.</li> <li>Korver T, Klipping C, Heger-Mahn D et al. Maintenance of ovulation inhibition with the 75-microg desogestrel-only contraceptive pill (Cerazette) after scheduled 12-h delays in tablet intake. Contraception 2005 71 (1) p8-13.</li> <li>Duijkers I, Heger-Mahn D, Drouin D et al. A randomised study comparing the effect on ovarian activity of a progestogen-only pill (POP) containing desogestrel and a new POP containing drospirenone in a 24/4 regimen. Eur J Contracept Reprod Health Care 2015 20 (6) p419-27.</li> <li>Drospirenone (Slynd). Scottish Medicines Consortium, October 2024.</li> <li>Drospirenone (Slynd): Therapeutic area: Oral contraceptive: CADTH Reimbursement Review, July 2024.</li> </ol>

# NOTES:

- SEL IMOC recommendations and minutes are available publicly via the [website](#).
- This SEL IMOC recommendation has been made on the cost effectiveness, patient outcome and safety data available at the time. The recommendation will be subject to review if new data becomes available, costs are higher than expected or new NICE guidelines or technology appraisals are issued.
- Not to be used for commercial or marketing purposes. Strictly for use within the NHS**