



Extended Combined Hormonal Contraception

DEFINITION	The prescribing of monophasic combined birth control pills or vaginal ring for the reduction or cessation of monthly periods. Not recommended with Transdermal Patch. Extended Combined Contraception is off label unless packaged as such.
SUBJECTIVE	May include: <ol style="list-style-type: none"> 1. H/A (headache) triggered by hormonal-withdrawal 2. Premenstrual symptomatology 3. Cyclic depression 4. Dysmenorrhea 5. Hx of endometriosis 6. Hygienic problem (example: developmentally delayed client) 7. Desire for menstrual manipulation 8. Heavy withdrawal menses 9. Peri-menopausal symptoms 10. Client preference Should exclude: Any method specific Category 4 conditions from the CDC MEC table. Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use. (cdc.gov)
OBJECTIVE	Should include: <ol style="list-style-type: none"> 1. B/P May include: <ol style="list-style-type: none"> 2. Age-appropriate physical exam as indicated.
LABORATORY	May include: <ol style="list-style-type: none"> 1. Pap smear, as indicated. 2. STD screening, as indicated. 3. Sensitive urine pregnancy test, as indicated 4. Other lab work, as indicated.
ASSESSMENT	Extended combined contraception use.
PLAN	<ol style="list-style-type: none"> 1. Prescribe combined oral contraceptive pills or vaginal ring, including dosage, # if cycles, and directions for use.
CLIENT EDUCATION	<ol style="list-style-type: none"> 1. Reinforce contraception education, as appropriate. Advise client that breakthrough bleeding is common when doing this and may improve with time. 2. Reinforce safe sex education, if appropriate. 3. Recommend client RTC as appropriate, annually, or prn for problems. 4. ECP reviewed, as indicated.
CONSULT/ REFER TO PHYSICIAN	<ol style="list-style-type: none"> 1. Any client with prescribing precautions for combined contraceptives. (See Contraceptives: Combined Contraceptives)

References:

1. Contraceptive Technology. 21 editions. New York, NY: Ayer Company Publishers, Inc., 2018. Pp 236, Pp267-268.
2. CDC - Summary - US SPR - Reproductive Health
3. https://www.reproductiveaccess.org/wp-content/uploads/2014/12/switching_bc.pdf