## Oral Contraceptives: Ethinyl Estradiol and Drospirenone (Yasmin)

### Therapeutic Use
- Prevention of pregnancy
- Reduction in fluid retention associated with premenstrual syndrome
- Other benefits of oral contraceptives include decreased risk for:
  - Uterine and ovarian cancers
  - Pelvic inflammatory disease
  - Benign breast disease
  - Ovarian cysts

### Adverse Drug Reactions
- Thromboembolism
- Hyperkalemia (due to the drospirenone in this drug)
- Hypertension (less likely with ethinyl estradiol and drospirenone than with other combination oral contraceptives)
- Uterine bleeding
- Increased growth of breast malignancies

### Interventions
- Monitor for and report any indications of deep vein thrombosis, pulmonary embolism, myocardial infarction, and cerebrovascular accident.
- Encourage clients who smoke to quit.
- Monitor potassium levels and electrocardiogram periodically.
- Monitor blood pressure.
- Monitor the pattern and amount of any reported bleeding.
- Recommend mammograms and breast examinations at appropriate intervals.
- Discontinue the drug for any indications of breast cancer.

### Administration
- Confirm negative pregnancy status before starting therapy.
- Use an additional method of contraception during the first cycle.
- Take pills at the same time each day.
- Take according to the precise dosing schedule, typically 21 days of a drug-containing pill and 7 days of an inactive pill.
- Follow the manufacturer's instructions for missed pills, typically taking one missed pill with the next pill, two pills for 2 consecutive days after 2 missed days, and after 3 missed days starting a new cycle 7 days later with alternative contraception in the interim.
| **CLIENT INSTRUCTIONS** | • Report leg or chest pain, leg edema, sudden change in vision, severe headache, or shortness of breath.  
• Do not smoke.  
• Stop taking at least 4 weeks before any surgery that increases the risk of thromboembolic events.  
• Report palpitations, paresthesia, weakness, or abdominal cramps.  
• Obtain regular blood pressure checks.  
• Report any unusual breakthrough bleeding or spotting or changes in menstrual patterns.  
• Perform breast self-examination every month. |
| **CONTRAINDICATIONS** | • Pregnancy-has teratogenic effects  
• History or other risk for thromboembolic events  
• Suspected or confirmed breast cancer  
• Altered liver function  
• Altered renal or adrenal function (estradiol and drospirenone)  
• Smokers older than 35 years |
| **PRECAUTIONS** | • Hypertension  
• Diabetes mellitus  
• Heart disease  
• Migraines |
| **INTERACTIONS** | • ACE inhibitors and other drugs that can elevate serum potassium can cause hyperkalemia (due to drospirenone).  
• Rifampin (Rifadin), ritonavir (Norvir), phenobarbital (Luminal), carbamazepine (Tegretol), primidone (Mysoline), phenytoin (Dilantin), and St. John's wort can reduce the effectiveness of oral contraceptives.  
• Oral contraceptives can reduce the effects of warfarin (Coumadin) and hypoglycemic drugs.  
• Oral contraceptives can increase levels of theophylline (Theo-24), diazepam (Valium), chlordiazepoxide (Librium), and tricyclic antidepressants. |