

Is there a lactose-free oral contraceptive?

Prepared by UK Medicines Information (UKMi) pharmacists for NHS healthcare professionals
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Background

For general information about lactose intolerance and medicines, see Medicines Q&A "[What factors need to be considered when prescribing for lactose intolerant adults?](#)"

Answer

All licensed oral contraceptives currently available on prescription contain lactose (see Appendix 1) (1,2).

Lactose-free options could include:

1. Barrier methods of contraception (e.g. condoms).
2. Intra-uterine devices (IUDs) or levonorgestrel -releasing intrauterine systems (IUS), e.g. Mirena[®], Kyleena[®], Levosert[®], Jaydess[®] (3-6).
3. Evra[®] transdermal patch, a topical combined contraceptive (7).
4. Injectable progestogen-only contraceptives such as Depo-Provera[®], Noristerat[®] or Sayana Press[®] or Nexplanon[®] subdermal implant (8-11).
5. NuvaRing[®], SyreniRing[®] vaginal delivery systems (12,13).

Limitations

Generic products or 'branded generics' may also be available, but may not have been considered. Individual SPCs/PILs should be checked before prescribing as formulations may change. It has been assumed that all information concerning lactose in manufacturers' SPCs is complete and correct. Emergency hormonal contraception has not been considered.

References

1. Summaries of Product Characteristics for oral contraceptives other than those listed in reference 2 below. Accessed via <http://emc.medicines.org.uk/> on 01/02/2019.
2. Summaries of Product Characteristics for Aizea, Alenini, Alenvona, Desmono, Desorex, Dretine, Elevin, Katya 30/75, Leandra, Sunya 20/75, Triadene. Accessed via <http://www.mhra.gov.uk/spc-pil/> on 01/02/2019.
3. Summary of Product Characteristics – Mirena. Bayer plc. Accessed via <http://www.medicines.org.uk/emc/medicine/1829/SPC/Mirena/> on 01/02/2019. SPC last updated on eMC on 12/04/2018
4. Summary of Product Characteristics –Kyleena 19.5mg intrauterine delivery system. Bayer plc. Accessed via <https://www.medicines.org.uk/emc/product/769> on 01/02/2019. SPC last updated on eMC on 17/10/2018
5. Summary of Product Characteristics – Levosert 20micrograms/24 hours IDS. Gedeon Richter (UK) Ltd. Accessed via <http://www.medicines.org.uk/emc/medicine/30120> on 01/02/2019. SPC last updated on eMC on 30/01/2019
6. Summary of Product Characteristics – Jaydess 13.5mg intrauterine delivery system. Bayer plc. Accessed via <http://www.medicines.org.uk/emc/medicine/28672> on 01/02/2019. SPC last updated on eMC on 25/09/2017.
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8. Summary of Product Characteristics - Depo-Provera 150mg/ml injection. Pfizer Ltd. Accessed via <http://www.medicines.org.uk/EMC/medicine/11121/SPC/Depo-Provera+150mg+ml+Injection/> on 01/02/2019. SPC last updated on the eMC on 05/12/2018.
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10. Summary of Product Characteristics – Sayana Press 104mg/0.65ml suspension for injection. Pfizer Ltd. Accessed via <http://www.medicines.org.uk/emc/medicine/27798/SPC/SAYANA+PRESS+104+mg+0.65+ml+suspension+for+injection/> on 01/02/2019. SPC last updated on eMC on 04/01/2019.
11. Summary of Product Characteristics – Nexplanon 68mg implant for subdermal use. Merck Sharp and Dohme Ltd. Accessed via <http://www.medicines.org.uk/EMC/medicine/23824/SPC/Nexplanon+68+mg+implant+for+subdermal+use/> on 01/02/2019. SPC last updated on the eMC on 14/11/2016.
12. Summary of Product Characteristics – NuvaRing. Merck Sharp and Dohme Ltd. Accessed via <http://www.medicines.org.uk/emc/medicine/21419/SPC/Nuvaring/> on 01/02/2019. SPC last updated on eMC on 17/01/2018.
13. Summary of Product Characteristics – SyreniRing. Crescent Pharma Ltd. Accessed via <http://www.mhra.gov.uk/Safetyinformation/Medicinesinformation/SPCandPILs/index.htm> 01/02/2019. SPC last updated 27/07/2017

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Appendix 1

Search strategy and list of oral contraceptives that contain lactose

Product	Contains lactose	Listed in	Source of SPC
Acondro	Yes	C&D	EMC
Aidulan 20/75	Yes	BNF	EMC
Aidulan 30/75	Yes	BNF	EMC
Aizea	Yes	BNF	MHRA
Akizza 20/75	Yes	eMIMS	EMC
Akizza 30/75	Yes	eMIMS	EMC
Alenini	Yes	Drug Tariff	MHRA
Alenvona	Yes	BNF	MHRA
Bimizza	Yes	BNF	EMC
Brevinor	Yes	BNF	EMC
Cerazette	Yes	BNF	EMC
Cerelle	Yes	BNF	EMC
Cilest	Yes	BNF	EMC
Cilique	Yes	BNF	EMC
Cimizt	Yes	BNF	EMC
Daylette	Yes	BNF	EMC
Desogestrel	Yes	Drug Tariff	EMC
Desomono	Yes	BNF	MHRA
Desorex	Yes	BNF	MHRA
Dretine	Yes	BNF	MHRA
Elevin	Yes	BNF	MHRA
Eloine	Yes	BNF	EMC
Erlibelle	Yes	Drug Tariff	EMC
Feanolla	Yes	BNF	EMC
Femodene	Yes	BNF	EMC
Femodene ED	Yes	BNF	EMC
Femodette	Yes	BNF	EMC
Gedarel 20/150	Yes	BNF	EMC
Gedarel 30/150	Yes	BNF	EMC
Juliperla	Yes	BNF	EMC
Katya 30/75	Yes	BNF	MHRA
Leandra	Yes	BNF	MHRA
Lestramyl 20/150	Yes	C&D	EMC
Lestramyl 30/150	Yes	C&D	EMC
Levest	Yes	BNF	EMC
Lizinna	Yes	BNF	EMC
Loestrin 20	Yes	BNF	EMC
Loestrin 30	Yes	BNF	EMC

Logynon	Yes	BNF	EMC
Logynon ED	Yes	BNF	EMC
Lucette	Yes	BNF	EMC
Maexeni	Yes	BNF	EMC
Marvelon	Yes	BNF	EMC
Mercilon	Yes	BNF	EMC
Microgynon 30	Yes	BNF	EMC
Microgynon 30 ED	Yes	BNF	EMC
Millinette 20/75	Yes	BNF	EMC
Millinette 30/75	Yes	BNF	EMC
Munalea 20/150	Yes	BNF	EMC
Munalea 30/150	Yes	BNF	EMC
Norgeston	Yes	BNF	EMC
Noriday	Yes	BNF	EMC
Norimin	Yes	BNF	EMC
Norinyl-1	Yes	BNF	EMC
Ovranette	Yes	BNF	EMC
Qlaira	Yes	BNF	EMC
Rigevidon	Yes	BNF	EMC
Sofiperla	Yes	BNF	EMC
Sunya 20/75	Yes	BNF	MHRA
Synphase	Yes	Drug Tariff	EMC
Triadene	Yes	Drug Tariff	MHRA
TriRegol	Yes	BNF	EMC
Yacella	Yes	BNF	EMC
Yasmin	Yes	BNF	EMC
Yiznell	Yes	BNF	EMC
Zelleta	Yes	BNF	EMC
Zoely	Yes	BNF	EMC