

## Recommendation on Qlaira

### Recommendation

As there is no data to support any significant advantage of Qlaira over other Combined oral contraceptives (COCs), Qlaira is **not** recommended for use in East Kent at the current time, due to the increased cost compared with other COCs.

Qlaira should not be initiated for new patients.

Existing patients should remain on Qlaira until the time of next review. A discussion on alternative options may be had at the next review. If a change in contraception is agreed any additional precautions which may be necessary should be explained fully to the patient.

### Background

Qlaira is a quadruphasic oral COC. It contains estradiol valerate rather than ethinyloestradiol and dienogest which is an antiandrogenic progestogen.

Studies showed no significant advantage over other oral COCs in terms of efficacy and side effect profile.

It is significantly more expensive than alternative oral COCs.

**Approved by:** East Kent Prescribing Group (Representing Ashford CCG, Canterbury and Coastal CCG, South Kent Coast CCG and Thanet CCG)

**Date:** July 2013

**Address:** c/o Canterbury and Coastal CCG, Brook House, John Wilson Business Park, Whitstable, CT5 3DD

**Contact:** T: 01227 791267 | E: [accg.eastkent.prescribing@nhs.net](mailto:accg.eastkent.prescribing@nhs.net)