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Response to the call to ban Diane-35

SHINE SA believes everyone should have access to contraceptive choices, and that decisions about contraception are best made in conjunction with a healthcare professional. Cyproterone acetate pills, commonly known as Diane-35 appear to be associated with a higher risk of deep venous thrombosis (DVT) than levonorgestrel (LNG) containing pills, although the overall risk is still very low for most people.

For those who choose combined pills, we recommend as first choice the pills with lowest risk: those containing levonorgestrel or norethisterone as their progesterone. However, the other progestogen choices, which all carry a small increased risk of DVT compared to LNG, may be utilised if specific added benefits are required. Health professionals can review over time the experience individuals may have with their contraceptive choice.

Cyproterone acetate can be used as treatment for signs of androgenisation in people such as severe acne (involving inflammation or nodularity, or risk of scarring) where prolonged oral antibiotics or local treatment alone have not been successful, or idiopathic hirsutism of mild to moderate degree. The oral contraceptive pill containing cyproterone acetate can also provide effective oral contraception in this patient group.

People who have concerns should seek advice from their doctor before stopping their oral contraceptive pill.



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