

YASMIN

Your provider has prescribed Yasmin, one of the newer hormonal contraceptive pills. Yasmin is comparable in effectiveness and side effect profile when compared to combined hormonal contraceptives (“combined contraceptives” contain estrogen and progesterone), such as, OrthoEvra, NuvaRing, and other oral contraceptives (“pills”).

Yasmin’s difference is related to the type of progestin in contains, drospirenone. Drospirenone has ‘antimineralcorticoid’ activity which means its action is similar to a family of drugs called diuretics. Diuretics cause water loss and changes in the body’s electrolytes (sodium, potassium, chloride) levels. Drospirenone may increase the level of potassium in the body.

In addition to the antimineralcorticoid effect, drospirenone is ‘antiandrogenic’. This effect can be very beneficial in clients who have polycystic ovaries, acne, and/or hirsutism (abundant facial and body hair). Drospirenone blocks the androgen effect on the oil and hair follicles, resulting in decreased acne and hair growth.

Yasmin is generally not prescribed as a first line hormonal contraceptive pill, because it has contraindications which are very different from most hormonal contraceptives. Clients who are predisposed to hyperkalemia (increased potassium levels), such as those with renal insufficiency, liver dysfunction, and adrenal gland insufficiency should not take Yasmin.

Patients on **daily, long-term use** of the drugs which may increase potassium should have their potassium level checked during the first cycle of pill use. These drugs include:

- ACE inhibitors (Capoten, Vasotec, Zestril, etc.)
- Angiotensin-II receptor antagonist (Cozaar, Diovan, Avapro, etc.)
- Potassium sparing diuretic (spironolactone, etc.)
- Potassium supplementation
- Heparin
- Aldosterone antagonist
- NSAIDs (Ibuprofen, naproxen, aspirin, etc.)

If you have a chronic condition which requires daily, long-term treatment with any of the medications listed above, or/and you are a student athlete, you should consult with your healthcare provider about whether Yasmin is right for you. Yasmin is on the list of banned drugs for national and international competitions governed by USOC, national federations and the IOC.

Side effects related to increased potassium may be subtle or non-existent. As with other combined hormonal contraceptives the occurrence of blood clots are rare. However the risk is slightly increased in hormonal contraceptive users. Please review our handout on oral contraceptives to become familiar with warning symptoms which all women who take pills need to be aware of.

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call **510-642-2000**
advice

Clinic Nurse **510-643-7197** for