



Drospirenone 4mg (Slynd®)

Information for patients

What is Drospirenone 4mg?

Drospirenone 4mg (brand name, Slynd®) is a contraceptive pill, that is used to prevent pregnancy and contains the progestogen 'drospirenone', a type of female sex hormone. This type of contraceptive pill is known as a progestogen only pill ("POP"). You will be offered drospirenone 4mg if other POPs or alternative contraceptive options are not suitable for you.

How do I take it?

Each outer box will contain a 3-month supply i.e. 3 strip packs of 28 tablets – one to take every day, with no break between each monthly strip.

- The first 24 tablets (white) contain the hormone drospirenone
- The last 4 tablets (green) are hormone-free and help maintain a daily habit

During the hormone-free days, you may get a light bleed. Many users find that over time; bleeding becomes lighter and less painful than their normal periods. In some cases, bleeding may stop completely or be infrequent.

You must take the tablets everyday around the **same time of the day** so that the interval between 2 tablets is always 24 hours.

1 strip packet will last you 28 days (to mimic a menstrual cycle). Once you have finished a strip pack, **start a new one straight away** without any breaks between the 2 packs.

What if I miss a pill?

Refer to the package leaflet or the **Slynd® Patient Information Leaflet** referenced below for more information on what to do if you miss a pill.

When Drospirenone 4mg should be avoided:

Drospirenone is a "potassium-sparing" medication, which means it can increase potassium levels in the blood in some people. It should be avoided if you have:

- Severe kidney problems or kidney failure
- Known high potassium/low aldosterone e.g. Addison's disease/chronic adrenal insufficiency
- Known or suspected severe liver disease with abnormal liver function test values
- Known or suspected hormone sensitive cancers
- If you are taking potassium supplements or certain medications that raise potassium levels (e.g. some blood pressure medicines)

Individuals using a multivitamin/dietary supplement containing potassium may need to consider changing to a non-potassium containing product if clinically appropriate. Users should avoid grapefruit or grapefruit juice while taking drospirenone, as this can affect the amount of the medicine absorbed in the body.

If you have mild or moderate kidney issues, or you're at risk of kidney problems your hospital/clinic doctor/nurse may recommend an alternative contraceptive option. If the hospital/clinic doctor/nurse thinks that this is the best contraceptive for you despite this, they will check your kidney function with a blood test (urea & electrolytes)



before you start treatment and at around 6 weeks after starting. Your GP may then be asked to do further checks every 3 to 12 months if needed. If you do not have kidney problems, you will not require these tests.

What other medicines can raise potassium levels?

The following medicines can increase potassium levels and therefore use with drospirenone 4mg should be avoided.

Examples include:

- Some blood pressure medicines e.g. ramipril, losartan, spironolactone
- Some herbal supplements, remedies and nutritional supplements
- NSAIDs (“nonsteroidal anti-inflammatory drugs”): e.g. aspirin, ibuprofen, naproxen. If taken on a regular basis, they can harm your kidneys and cause potassium levels to raise.
- Some antibiotics e.g. trimethoprim and pentamidine
- Some immunosuppressant medicines e.g. tacrolimus, ciclosporin

The above list is not exhaustive. It is important to provide your doctor/nurse/pharmacist with a full list of medication including herbal treatments or medicines that you buy in the pharmacy/online so that they can make a full assessment.

Some medications e.g. weight loss treatments such as tirzepatide (Mounjaro®) and herbal remedies such as St John’s Wort can reduce the effectiveness of oral contraceptives. Discuss this further with your doctor/nurse/pharmacist.

Do not stop taking your prescribed medicines unless your doctor/nurse/pharmacist tells you to.

What side effects could I experience?

Most people tolerate drospirenone 4mg well. However, like all medications, side effects are possible.

As well as changes to bleeding patterns, drospirenone can cause side effects such as headaches or changes in mood e.g. low mood. This is similar to other progestogen only pills. If you experience severe mood changes, very heavy bleeding, or signs of high potassium (such as muscle weakness or an irregular heartbeat), contact your GP. As well as informing your doctor, you can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine.

Where can I get further supplies of Drospirenone 4mg?

Once you have been started on drospirenone 4mg by your hospital/clinic doctor/nurse and you are settled on this contraceptive (you will be provided with at least a 3 month supply – an original full pack of 84 tablets), you will be able to get further supplies from your GP who can issue prescriptions for you, or from your local community pharmacy providing the [NHS Pharmacy Contraception Service](https://www.england.nhs.uk/pharmacycontraception). Visit www.england.nhs.uk/pharmacycontraception or scan the QR code for more information.

Please note if you have kidney problems, you will not be able to use the NHS Pharmacy Contraception service to obtain further supplies of drospirenone; in this case, your GP will be able to prescribe drospirenone for you and monitor your kidney function as advised by your sexual & reproductive health clinic specialist/hospital specialist.



Your clinic specialist doctor/nurse/hospital specialist will advise you regarding this.

Further information

- Slynd® website: [Slynd® \(drospirenone\): Estrogen-Free Birth Control](#)
- Slynd® Patient Information Leaflet: [Slynd-Patient-Booklet-Dec-23.pdf](#)
- BNF (for professionals): [BNF \(British National Formulary\) | NICE](#)



Document control

| Date | Version | Amendments |
|------------|---------|-------------------------|
| 29/01/2026 | 1.0 | New information leaflet |

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| Groups / Individuals who have overseen the development of this guidance: | Dr Jenine Bignall |
| Groups which were consulted and have given approval: | NCL Joint Formulary Committee NCL Integrated Care Board |
| File name: | Drospirenone – Information for Patients |
| Version number: | 1.0 |
| Available on: | https://nclhealthandcare.org.uk/our-working-areas/medicines-optimisation/medicine-pathways-guidelines-position-statements/ |
| Disseminated to: | NCL formulary pharmacists and commissioners |
| Equality impact assessment: | N/A |
| NCL Joint Formulary Committee Approval date: | 19/02/2026 |
| Review date: | 19/02/2029 |