

# Cystic Fibrosis Research News

**Title:**

Pharmacologic contraception methods for people with cystic fibrosis: a practical review for clinicians

**Lay Title:**

A review of medications and medical devices used for preventing pregnancy in people with cystic fibrosis

**Authors:**

E. Claire Elson<sup>1</sup>, Taylor Imburgia<sup>2</sup>, Kevin Lonabaugh<sup>3</sup>, Lindsey McCoy<sup>4</sup>, Nicole E. Omecene<sup>5</sup>, Shannon M. Rotolo<sup>6</sup>

**Affiliations:**

<sup>1</sup>Department of Pharmacy, Children's Mercy – Kansas City

<sup>2</sup>Department of Pharmacy, The Johns Hopkins Hospital – Baltimore

<sup>3</sup>Department of Pharmacy, UVA Health – Charlottesville, VA

<sup>4</sup>Department of Pharmacy, Medical University of South Carolina, Charleston, SC

<sup>5</sup>Department of Pharmacotherapy and Outcomes Science, Virginia Commonwealth University School of Pharmacy – Richmond, Virginia

<sup>6</sup>Department of Pharmacy, University of Rochester Medical Center, Rochester, NY

**What was your research question?**

What types of medications and medical devices used for preventing pregnancy are prescribed to / used by people with cystic fibrosis (pwCF)? What are the benefits and risks associated with the available options generally and in pwCF?

**Why is this important?**

The number of pregnancies per year in pwCF nearly doubled after elexacaftor-tezacaftor-ivacaftor (Trikafta<sup>®</sup>, Kaftrio<sup>®</sup>) became available. Research is still being conducted to understand why this is happening, but early data suggests that elexacaftor-tezacaftor-ivacaftor may increase the likelihood of becoming pregnant in pwCF, including those with previous infertility.

**What did you do?**



# Cystic Fibrosis Research News

We summarized available information about medications and medical devices used to prevent pregnancy, including tablets, injections, implantable devices placed in the arm, and intra-uterine devices placed in the uterus.

## **What did you find?**

We discussed risks and benefits of the various medications and medical devices that exist for pregnancy prevention. There is no one best option for pwCF. The decision about which to use should be based on person-specific factors.

## **What does this mean and reasons for caution?**

There are several medications and medical devices available for pregnancy prevention. They can be very effective when used correctly, but depending on the specific product, there may be certain side effects to consider or reasons an individual may decide not to use a specific product. Unfortunately, much of the data about these medications and medical devices comes from the general population and is not specific to pwCF. We did not include non-medication options in our review, such as barrier methods (e.g., condoms, diaphragms, sponges), fertility awareness methods (e.g., cycle tracking), or sterilization procedures (e.g., vasectomy, tubal ligation).

## **What's next?**

More research is needed related to the sexual and reproductive health of pwCF overall.

## **Original manuscript citation in PubMed**

NA 21 February 2024