

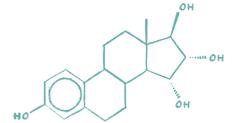
# Estetrol 15 mg combined with drospirenone 3 mg is an effective oral contraceptive: results from the E4Freedom EU/RU phase 3 trial

**Authors:** Mitchell D. Creinin<sup>1</sup>, Marie Mawet<sup>2</sup>, Sophie Ledant<sup>2</sup>, Maud Jost<sup>2</sup>, Jean-Michel Foidart<sup>2,3</sup>

<sup>1</sup> Department of Obstetrics and Gynecology, University of California, Davis, Sacramento, CA, USA

<sup>2</sup> Mithra Pharmaceuticals, Liège, Belgium

<sup>3</sup> University of Liège, Liège, Belgium



**Objective:** To assess the contraceptive efficacy and safety of estetrol (E4) 15 mg / drospirenone (DRSP) 3 mg in a 24/4-day regimen, during 1 year of usage.

**Methods:** This multicentre, open-label, phase 3 trial was conducted in 69 centres across Europe and Russia. Healthy women, 18-50 years with regular cycles and a BMI between 18 and 35 kg/m<sup>2</sup> were enrolled for up to 13 consecutive cycles. We evaluated on-treatment pregnancies in women 18-35 and 18-50 years (measured by the Pearl Index (PI) and the method failure PI in at-risk cycles (cycles with no other contraceptive use), and the cumulative pregnancy rates at cycle 13 for both age groups.

**Results:** In total 1,577 subjects were enrolled of whom 1,553 (98.5%) started study treatment and 1,218 (77%) completed 13 cycles. The primary efficacy population included 1,353 women age 18-35 years of whom 1,052 (78%) completed 13 cycles. Five on-treatment pregnancies occurred of which 3 were considered method failure. The PI for the primary efficacy population with 14,759 at risk cycles was 0.44 (95% CI: 0.14; 1.03). The PI for all subjects (18-50 years) with 17,037 at risk cycles was 0.38 (95% CI: 0.12; 0.89). Method failure PIs were 0.26 (95% CI: 0.05; 0.77) and 0.23 (95% CI: 0.05; 0.67) for the age groups 18-35 and 18-50 years, respectively. The cumulative 13-cycle pregnancy rate for subjects aged 18-35 years was 0.45% (95% CI: 0.19; 1.09) and for subjects aged 18-50 years was 0.28% (95% CI: 0.09; 0.86). Among the 89 women with a BMI  $\geq 30$  mg/kg<sup>2</sup>, no on-treatment pregnancies occurred.

**Conclusion:** Estetrol 15 mg combined with drospirenone 3 mg is a highly effective oral contraceptive. The probability of contraceptive protection with 1 year of treatment is 99.5%.