

**New Mexico Statewide Standing Order for Registered Pharmacist to Dispense Over the Counter
(OTC) Progestin-Only Oral Contraceptive Pills
November 29, 2023**

Section A: Authority

This standing order authorizes any New Mexico registered pharmacist, in accordance with the conditions of their licensure, to dispense any FDA approved over the counter (OTC) progestin-only contraceptive to individuals physically present in New Mexico. **This standing order may be used when an individual's insurance would not otherwise cover such a claim submitted under the pharmacist's NPI number.**

State law requires that insurers shall not require a prescription for any drug, item or service that is available without a prescription (NM Stat. § 59A-22-42).

Section B: Purpose

Access to reproductive health services is an important public health intervention that enables individuals to more fully engage in family planning that supports their personal health and wellbeing. The purpose of this standing order is to reduce barriers to safe, effective reproductive healthcare by removing barriers to coverage if an individual has insurance.

Section C: Order and Dispensing Procedures

1. Information and Eligibility Criteria

Indication: Progestin-only oral contraceptives suppress ovulation, the release of eggs from the ovaries, as well as thicken cervical mucous to inhibit sperm penetration, slow movement of the ovum through the fallopian tubes, and alters the endometrium. It is indicated for use by people of reproductive age capable of becoming pregnant to prevent pregnancy.

Note that progestin-only oral contraceptives are not emergency contraceptives.

Note that progestin-only oral contraceptives will not disrupt an established pregnancy and do not cause harm to a developing fetus.

Eligibility: Individuals of childbearing potential who request an OTC progestin-only oral contraceptive and meet criteria as described in Section A are eligible.

2. Order to Dispense

The pharmacist may dispense one of the following products based on product availability and preference:

Progestin-Only Oral Contraceptive Tablets (0.075 mg norgestrel)

Dispense: up to 6 packs (28 tablets/pack) depending on insurance coverage

Refill: PRN

Directions for use: Take one tablet by mouth daily – take at the same time each day. Read medication drug facts on the package labeling before taking.

Any other progestin-only OTC daily oral contraceptive medication commercially available and FDA approved for contraception.

Dispense: up to 6 packs depending on insurance coverage

Refill: PRN

Directions for use: Use as directed on package labeling. Read medication drug facts on the package labeling before taking.

PUBLIC HEALTH DIVISION

3. Progestin-only Oral Contraceptive Education

Counseling and Educational Information:

Patients should be instructed to read the Drug Facts on the OTC product's packaging prior to taking the medication.

Patients should be advised to use a non-hormonal backup method (e.g., condoms) to provide additional protection and reduce the risk of STDs.

The pharmacist may provide additional anticipatory guidance depending on the need of the patient, guardian/parent, or patient's designated representative. Resources include:

- a. CDC Reproductive Health - www.cdc.gov/reproductivehealth/contraception/index.htm
- b. NMDOH Birth Control and Emergency Contraception - <https://www.nmhealth.org/about/phd/fhb/arh/bcec/>
- c. Reproductive Health Access Project Fact Sheet - www.reproductiveaccess.org/wp-content/uploads/2015/03/factsheet_mini-pill.pdf
- d. The pharmacist may also provide the New Mexico Reproductive Health Hotline at **1-833-76REPRO (1-833-767-3776)** for additional counseling or resources.

4. Insurance and Billing

For billing purposes, pharmacy staff will collect patient's insurance information necessary to bill insurance for the selected FDA-approved OTC progestin-only oral contraceptive.

- Note: insurance coverage and dispensing limits of OTC progestin-only oral contraceptives may vary based on policies of individual insurance plans. This standing order does not guarantee coverage.

Section D: Limits

This standing order does not establish the New Mexico Department of Health, or its clinicians, or the dispensing pharmacist as the healthcare provider for the individual. Individuals seeking more comprehensive reproductive healthcare should see a primary care provider, or visit an NMDOH Public Health Office – see www.nmhealth.org/location/public/

This standing order shall remain in effect until **December 31, 2024** unless revoked earlier. This standing order will be reviewed and updated as needed.



Christopher Novak, MD, MPH

Address: 1190 S St. Francis Dr., Ste. S-1057, Santa Fe, NM 87505

NPI: 1508834110 License#: MD2009-0030

Hard Copy Prescription/Standing Order for FDA Approved OTC Progestin Only Daily Contraceptive

DATE: _____

Patient Name: _____

DOB: _____

Address: _____ **Telephone:** _____

OTC Progestin Only Daily Oral Contraceptive

Manufacturer

Directions: Use as directed on package labeling. Read medication drug facts on the package labeling before taking.

Quantity: up to 6 packs

REFILLS: PRN

Christopher Novak, MD, MPH (505 827 0975)

Address: 1190 S St. Francis Dr., Ste. S-1057, Santa Fe, NM 87505

NPI: 1508834110 License#: MD2009-0030
