Hormonal Contraception

Independent Study Program for Manitoba Pharmacists

Continuing Professional Development Information:	This learning activity is provided by the College of Pharmacists of Manitoba and can be claimed as a maximum of 5 accredited CEU in the online Professional Development Log.
Council Approval Date:	February 2026
Cost:	This Module is provided free of charge, but subscriptions or fees may be required to access some of the required and recommended resources.

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Introduction to the Program

Welcome to the *Hormonal Contraception Independent Study Program for Manitoba Pharmacists*.

This independent study consists of viewing a presentation on safe and effective prescribing, and reviewing this document and the required resources, in addition to any other clinical resources you seek out to enhance your knowledge of hormonal contraception.

Effective **August 4, 2026**, the Pharmaceutical Regulation in Manitoba provides pharmacists with the authority to prescribe contraceptives for conception control when following the restrictions set out in the Regulation and the appropriate practice directions.

Pharmacists wanting to include prescribing for conception control as part of their practice must complete this independent study. There is no post-test for this Module. **Following completion, pharmacists must fill out an application and receive approval from the College of Pharmacists of Manitoba (CPhM).** More information on this process can be found near the end of this module or on the CPhM website: https://cphm.ca/practice-education/prescribing-hormonal-contraceptives/.

There is no administrative fee charged by CPhM to complete this module, but a pharmacist may need to pay fees to access some of the resources required or recommended.

Once you have completed the Hormonal Contraception Independent Study Program, please provide your feedback on the program using the online form here. You need to submit your evaluation in order to obtain a statement of participation.

Note that this independent study does not include the required education to prescribe for the other self-limiting conditions, uncomplicated cystitis, or smoking cessation. Please see the CPhM website for more information: https://cphm.ca/expanded-scopes-of-practice/.

Learning Objectives

Upon completion of this self-study, pharmacists will be able to:

- Explain and apply the Manitoba regulations and practice directions related to pharmacist prescribing of a contraceptive drug for conception control.
- Examine the scope of pharmacist prescribing of hormonal contraception and administration.
- Integrate the fundamentals of safe prescribing and prescription writing into your practice.

- Locate and review additional resources in order to prescribe for hormonal contraception in a safe and effective manner.

Fundamentals of Prescribing for Manitoba Pharmacists Presentation

The following presentation must be viewed:

> Fundamentals of Prescribing for Manitoba Pharmacists
>
> Updated July 2026
>
> **Video**: https://youtu.be/hk4P-zKsAts
>
> Approximate time to complete: 60 minutes (with viewing external links)
>
> The slides for the presentation can be found here: https://cphm.ca/resource/fundamentals-of-prescribing-for-manitoba-pharmacists-slides/

Legislation

Pharmaceutical Regulation

The Pharmaceutical Act in Manitoba was passed and received Royal Assent on December 7, 2006. The legislation came into effect on January 1, 2014. The *Pharmaceutical Act* can be viewed here.

In 2026, the Pharmaceutical Regulation to *The Pharmaceutical Act* was amended to include pharmacist prescribing and administration of hormonal contraceptive drugs.

Section 110(4) of the Pharmaceutical Regulation states:

> *A member may administer a drug that is prescribed for contraception using an advanced method described in clause 107(a).*

Under section 107(a), an "advanced method" includes the following methods for administering a drug: intradermal, subcutaneous or intramuscular injection.

Section 118(6) of the Pharmaceutical Regulation states:

> *Subject to this Part, a member who has completed a training program approved by the council may prescribe a contraceptive drug for conception control if*
>
> > *(a) the drug is specified for conception control in a product monograph authorized by Health Canada; and*
> >
> > *(b) the drug is administered in one of the following dosage forms:*
> >
> > > *(i) oral contraceptive,*

(ii) transdermal patch,

(iii) vaginal ring,

(iv) product administered by intramuscular, intradermal or subcutaneous injection.

It is imperative that pharmacists authorized to prescribe and administer contraceptive drugs for conceptive control understand the applicable sections of the Pharmaceutical Regulation to the *Pharmaceutical Act*.

Practice Directions

A review of the *Act, Regulation,* including Standards of Practice, Code of Ethics and Practice Directions is required when prescribing for hormonal contraception.

The Pharmaceutical Act December 2006, defines a "practice direction" as follows:

> **"practice direction"** means a written statement made by the council for the purpose of giving direction to members and owners about the conduct of their practices or pharmacy operations.

The applicable parts of the legislation will be reviewed briefly in the presentation on Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists, but pharmacists wanting to prescribe for hormonal contraception **must** also review and understand the following Practice Directions:

Prescribing

Standard of Practice #4: Prescribing and Dispensing

Standard of Practice #12: Records and Information

Ensuring Patient Safety

Patient Counselling

Referring a Patient

Sale of NAPRA Schedule 2 Drugs

Sale of NAPRA Schedule 3 Drugs

Pharmacy Facilities

Interprofessional Collaborative Care

Informed Consent

Please note: More Practice Directions will be included as they become available. A draft Virtual Care Practice Direction has been developed and went out for consultation in May 2026. Please stay tuned and check the CPhM website for further updates on the implementation of this and other relevant practice directions.

Code of Ethics

Pharmacists in Manitoba are bound by the CPhM Code of Ethics. It requires pharmacists to maintain a high standard of professional competence and hold the health and safety of each patient to be of primary consideration. Pharmacists should review the Code of Ethics and associated explanatory document for a refresher on their professional responsibilities.

Scope of Hormonal Contraception Prescribing for Pharmacists

Once implemented, the scope of a pharmacist's prescribing for hormonal contraception is:

- a contraceptive drug that is indicated for conception control in a product monograph authorized by Health Canada, AND
- the drug is an oral contraceptive, transdermal patch, vaginal ring or intramuscular, subcutaneous or intradermal product for injection.

It does not include hormonal intrauterine devices (IUDs) and contraceptive implants. It also does not include prescription (NAPRA Schedule I) forms of emergency contraception.

Further limitations (situations when to refer) and contraindications can be found in the required readings.

Administration of Hormonal Contraceptives

Injection Authorization

In order to administer hormonal contraceptives by injection, pharmacists **must** have Certification of Injection Authorization from CPhM. Please see the CPhM website for more information on how to obtain Injection Authorization, including the training requirements and application process: Administering Drugs and Vaccines by Injection | College of Pharmacists of Manitoba.

Prescribing and Administration of Hormonal Contraceptive Drugs via Injection

Section 110 of the Pharmaceutical Regulation, "Drugs that may be administered by certified members", outlines what drugs or vaccines certified pharmacists can administer, when a prescription is required to administer a drug or vaccine by intradermal, subcutaneous or intramuscular injection and who has the authority to write that prescription.

A pharmacist can prescribe, and then the same or another pharmacist can administer a product for conception control by intramuscular, intradermal or subcutaneous injection. The ability for a pharmacist to prescribe and then administer a drug by injection is limited to hormonal contraceptives.

To administer other drugs by injection other than hormonal contraception, the patient must present a prescription written by an authorized practitioner for a pharmacist to administer it. Pharmacists are not considered authorized practitioners. More information on this can be found in the "Manitoba Module: Administration of Injections".

Progestin Only Injectable Contraceptives

The only injectable hormonal contraception currently on the Canadian market is the depot medroxyprogesterone acetate (DMPA) injection. Pharmacists must be competent in administering DMPA before including the administration as part of their practice. Additional information on the administration of DMPA can be found in the required reading and in the product monograph. Additional resources must be reviewed as needed.

Notification of Other Health Care Providers

Although it may not be a requirement to notify a patient's primary care provider, due to the potential ongoing nature of pharmacist prescribing of hormonal contraceptives, it is strongly recommended that pharmacists notify any other health care providers involved in the patient's care (as appropriate) that this has or is taking place. The pharmacist must make a determination on a case-by-case basis. Notifying the primary care provider (or other health care provider involved in a patient's circle of care) helps ensure continuity of care across all settings.

DPIN Pharmacist Prescriber Number

All licensed pharmacists are entered into DPIN as prescribers. Pharmacist prescriber numbers consist of the prefix 'X' followed by the pharmacist's licence number. For example, 'X12345.' Pharmacists must use this prescriber number when entering a prescription into DPIN.

For more information on the claims submission procedure, please see the Manitoba Health website: Pharmacare Information for Health Professionals | Health | Province of Manitoba (gov.mb.ca)

Birth Control Coverage under the Manitoba Enhanced Pharmacare Program

Pharmacist are reminded that most forms of birth control are available to eligible Manitoba residents at no cost under the Manitoba Enhance Pharmacare Program (MEPP).

To qualify for coverage, patients must present a valid Manitoba Health Card and meet specific eligibility criteria. For detailed information on how the program works, a list of covered contraceptives, and related procedures, please refer to: Manitoba Enhanced Pharmacare

Program | Health | Province of Manitoba. Additionally, pharmacists may also contact the DPIN help desk at (204) 786-8000 for assistance in troubleshooting billing issues.

Hormonal Contraceptive Prescribing Billing

Pharmacists should refer to information provided by Manitoba Health, Seniors and Long-Term Care for more information on reimbursement for pharmacist prescribing and/or administration of hormonal contraceptives.

Health Canada Authorized Product Monographs

Pharmacists must review the product monographs for the products that they are prescribing.

Product monographs authorized by Health Canada can be found by searching Health Canada's Drug Product Database.

Once on the Drug Product Database website:

- Click on "Search the Drug Product Database".
- Enter the appropriate search information for the drug you want to find (e.g., DIN, active ingredient, or product name, etc.) and click "search".
- Once a list of drug products populates, choose the correct drug and click on its DIN. You will be brought to the product information for that drug.
- Click the link to the product monograph which can be found under the section "Product Monograph/Veterinary Labelling".

Clinical and Therapeutic Knowledge and Skill

It is your responsibility to use the resources available to you to ensure the medication you are prescribing is safe and appropriate.

Pharmacists who want to prescribe for hormonal contraception must be knowledgeable in all pertinent aspects. Section 18 of the Pharmaceutical Regulation states that a member may only engage in the aspects of pharmacy practice that he or she has the requisite knowledge, skill, and judgment to provide or perform and that are appropriate to his or her area of practice. Pharmacists need to seek and complete additional training as needed to fulfill this requirement.

Pharmacists must also be familiar with policies and guidelines applicable to prescribing that may be in place within their place of employment or organization.

In addition to the required and suggested readings below, reviewing other evidence-based clinical references and resources may be extremely beneficial or even necessary to supplement your knowledge and to ensure you are competent and confident in prescribing for hormonal contraception. Some are resources published by organizations in the United States of America

(US), and this should be kept into consideration while reviewing. US references should not be used as the sole source of information on product availability, scheduling, and guidelines.

Resources can include, but are not limited to:

- Canadian Pharmacist's Letter
- Cochrane Library
- CPS: Drug Information (formerly RxTx) / Compendium of Therapeutic Choices (CTC)
- Lexicomp
- Martindale
- Medline/PubMed
- Micromedex
- RxFiles
- UpToDate

Pharmacy managers should have reference material consistent with the standards of practice and any additional references that may be necessary in a pharmacy practice specific to the location and scope of practice.

Required Reading for Prescribing for Conception Control

When reviewing sources, please note that prescribing rights of pharmacists in Manitoba may differ from pharmacists and clinicians in other provinces.

The following resource **must** be reviewed:

medSask - Hormonal Contraception

medSask is a non-profit that supports appropriate prescribing and medication safety in Saskatchewan by providing accurate, evidence-based information on medications and medication therapy to the general public, healthcare providers, and other stakeholders.

medSask has created Hormonal Contraception | medSask for pharmacists. These guidelines provide concise and thorough information specific to pharmacist prescribers. They also include a sample pharmacist assessment record.

A subscription is required to view this resource and also includes access to the other medSask minor ailments guidelines. Note that Pharmacists Manitoba offers access to medSask resources as a member benefit. Information can be found on the Pharmacists Manitoba website.

Additional Resources

Reviewing the following resources are recommended, but may require payment or a membership to access (please note costs and availability are subject to change):

University of British Columbia Continuing Pharmacy Professional Development Courses **Cost: Free** (https://pharmsci.ubc.ca/programs/continuing-pharmacy-professional-development/programs) • Contraception Part I – Hormonal Contraception, Long Acting Reversible Contraception (LARC) and Permanent Contraception (1.5 CEUs) • MACS- Case -Based Learning: Contraception (2.0 CEUs)
PANS Pharmacy Association of Nova Scotia Continuing Education Hormonal Contraception: A Primer for Pharmacist Prescribing (SmarterU) **Cost: $200** (https://pans.memberlounge.app/resources/hormonal-contraception-a-primer-for-pharmacist-prescribing)
The Society of Obstetricians and Gynaecologists of Canada Online Course Contraception: It's a Plan (3 hours) **Cost: $300** (https://sogc.org/en/en/content/events/Online-Course-Pages/online-courses-en.aspx?hkey=e61b6cd5-e487-4f8d-9a5c-e5263860c277) The Society of Obstetrics and Gynecology of Canada (SOGC) is a national organization that aims to promote excellence in the practice of obstetrics and gynecology. This resource is developed primarily for physicians and specialists and is not specific to the scope of practice of pharmacists.
The Society of Obstetricians and Gynaecologists of Canada Guidelines regarding progestin only contraception, (Injectable Progestin sections) **Cost: $27.95 for individuals and $37.95 for corporate access.** Available through: https://www.jogc.com/article/S1701-2163(15)00025-0/abstract Reference: Black A, Guilbert E, Costescu D, Dunn S, Fisher W, Kives S, Mirosh M, Norman W, Pymar H, Reid R, Roy G, Varto H, Waddington A, Wagner MS, Whelan AM. Canadian Contraception Consensus (Part 3 of 4): Chapter 8 - Progestin-Only Contraception. J Obstet Gynaecol Can. 2016 Mar;38(3):279-300. doi: 10.1016/j.jogc.2015.12.003. Epub 2016 Mar 30. PMID: 27106200.
The Society of Obstetricians and Gynaecologists of Canada Guidelines regarding combined hormonal contraception **Cost: $27.95 for individuals and $37.95 for corporate access.** Available through: https://www.jogc.com/article/S1701-2163(16)39786-9/abstract Reference: Black A, Guilbert E, Costescu D, Dunn S, Fisher W, Kives S, Mirosh M, Norman WV, Pymar H, Reid R, Roy G, Varto H, Waddington A, Wagner MS, Whelan AM. No. 329-Canadian Contraception

Consensus Part 4 of 4 Chapter 9: Combined Hormonal Contraception. J Obstet Gynaecol Can. 2017 Apr;39(4):229-268.e5. doi: 10.1016/j.jogc.2016.10.005. PMID: 28413042.
Training on taking blood pressure: American Medical Association EdHub BP Measurement Essentials: Student Edition **Cost: Free but need to create an account.** Available through: AMA Blood Pressure Measurement Resource.
Canadian Paediatric Society Position Statement: Contraceptive Care for Canadian Youth. **Cost: Free** https://cps.ca/documents/position/contraceptive-care Reaffirmed Jan. 11 2024. Di Meglio G, Crowther C, Simms J.
Pharmacist's Letter Canada. Choosing a Contraceptive and Emergency Contraception. **Cost: Varies based on subscription** https://ca-pharmacist.therapeuticresearch.com/Content/Segments/PRL/2015/Oct/Choosing-a-Contraceptive-and-Emergency-Contraception-8934 October 2024, Resource #401004.

Authorization to Prescribe for Hormonal Contraception

Prescribing and administering drugs for hormonal contraception has not yet been implemented in Manitoba but is expected in mid-2026.

All pharmacists wanting to include prescribing for hormonal contraception as part of their practice must complete this independent study, including viewing the Fundamentals of Prescribing for Manitoba Pharmacists presentation and supplement their clinical knowledge as needed. Completion does not automatically grant pharmacists the authority to prescribe for hormonal contraception.

Following completion, pharmacists must fill out an application and receive authorization from the College of Pharmacists of Manitoba. More information can be found here: https://cphm.ca/practice-education/prescribing-hormonal-contraceptives/

A reminder that pharmacists can prescribe a drug for hormonal contraception only if the drug is a contraceptive specified for conception control in a product monograph authorized by Health Canada. NAPRA Schedule I (prescription) emergency contraceptives are not included.

Note that this independent study does not include the required education to prescribe for uncomplicated cystitis, smoking cessation, or any of the self-limiting conditions in Schedule 3 to the Pharmaceutical Regulation. Please see the CPhM website for more information: https://cphm.ca/expanded-scopes-of-practice/.

Claiming the Learning Activity on your Professional Development Log

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