

Vitex agnus-castus, also known as Chaste Tree, Chasteberry and Monk's Pepper, is a herb used in some over the counter preparations for menstrual disorders, including symptoms of premenstrual syndrome. While there is no pharmacological evidence to indicate an interaction between Vitex-agnus-castus and hormonal contraception, there have been two case reports of unintended pregnancy in people using a progestogen only pill simultaneously with Vitex agnus-castus. (1) The clinical significance of this is unknown.

Recommendation

People using hormonal contraception should be advised that a negative effect of Vitex agnus-castus on contraceptive efficacy cannot be excluded.

References

1. Vitex agnus-castus. Safety advisory - potential for interaction with oral contraceptives: Therapeutic Goods Australia; 2019 [cited 2020 11 November]. Available from: <https://www.tga.gov.au/alert/vitex-agnus-castus>.



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The Medical Advisory Committee of Family Planning Alliance Australia is comprised of senior medical educators, senior medical officers and medical directors of the member family planning organisations. The Clinical Reference Group of the Medical Advisory Committee exists as a means to review current clinical practice and provide evidence based recommendations for use by sexual and reproductive health practitioners where clinical guidance is lacking.

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State / Territory sexual health and family planning organisations



Western Australia
SHQ (Sexual Health Quarters)
shq.org.au



Northern Territory
Family Planning Welfare
Association of NT
fpwnt.com.au



South Australia
SHINE SA
shinesa.org.au



Queensland
True
true.org.au



ACT
Sexual Health and Family
Planning ACT
shfpact.org.au



New South Wales
Family Planning NSW
fpnsw.org.au



Victoria
Family Planning Victoria
fpv.org.au



Tasmania
Family Planning Tasmania
fpt.asn.au