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National Association of  
Nurse Practitioners in Women's Health

NPWH Applauds Historic FDA Approval  
of First Over-The-Counter Hormonal Contraception

Washington, DC - The National Association of Nurse Practitioners in Women's Health (NPWH) celebrates the FDA approval of Opill, the progestin-only oral contraceptive pill for over-the-counter use. As the professional association representing over 12,000 board-certified Women's Health Nurse Practitioners (WHNP-BCs) across the country, NPWH advocates for the health and well-being of the millions of patients our providers serve each year. The FDA's approval of OTC access to Opill aligns with our vision to advance women's healthcare toward a more just, healthy, and equitable world.

Shawana Moore, DNP, MSN, WHNP-BC, PNAP, President of the NPWH Board of Directors, emphasizes the significance of this decision, stating, "The ability to determine if and when to have children is fundamental to the health and well-being of patients and families. Unintended pregnancies can have far-reaching consequences on physical and mental health, financial stability, academic attainment, and overall quality of life. OTC access to Opill empowers individuals to make informed decisions about their reproductive health, ultimately leading to improved health outcomes and greater control over their lives."

Approximately 42% of unintended pregnancies end in abortion. With recent restrictions and bans on abortion care across the country, unintended pregnancy carries more risk and harm than at any time in the last 50 years.

Komkwuan P. Paruchabutr, DNP, FNP-BC, WHNP-BC, CNM, FACNM, President-elect of the NPWH Board of Directors, adds, "OTC access to hormonal contraception addresses critical barriers that individuals face in obtaining effective contraceptive methods. Lack of access and inconveniences associated with healthcare appointments have hindered hormonal contraceptive use for many, particularly marginalized communities. Making Opill available OTC is a life-changing step for health equity."

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The decision to support the OTC availability of Opill is grounded in comprehensive research and data. Over sixty years of studies demonstrate the safety and effectiveness of oral contraception, making it one of the most widely used and extensively studied medications on the market. Concerns regarding Venous Thromboembolism (VTE), a common safety consideration, are addressed by the minimal to no risk of VTE associated with progestin-only hormonal contraception.

Access to OTC hormonal contraception aligns with NPWH's advocacy for federal- and state-level policies that remove barriers and increase access to affordable, safe, and effective contraceptive methods for all reproductive-aged individuals. Expanding access to Opill has the potential to reduce unintended pregnancies, promote health equity, and improve healthcare outcomes, especially for those who are disproportionately burdened.

NPWH's public comment from the FDA hearings on Opill held earlier this year can be found here.

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NPWH is the professional community for Women's Health Nurse Practitioners and other advanced practice registered nurses who provide women's and gender-related healthcare. We set a standard of excellence by generating, translating, and promoting the latest research and evidence-based clinical guidance, providing high-quality continuing education, and advocating for patients, providers, and the WHNP profession.

Our mission includes protecting and promoting a woman and all individuals' rights to make their own choices regarding their health and well-being within the context of their lived experience and their personal, religious, cultural, and family beliefs.