

Medical Eligibility for Initiating Contraception: Absolute and Relative Contraindications

| Risk Level | |
|------------|---|
| 1 | Method can be used without restriction |
| 2 | Advantages generally outweigh theoretical or proven risks |
| 3 | Method not usually recommended unless other, more appropriate methods are not available or not acceptable |
| 4 | Method not to be used |

These contraceptive methods do not protect against sexually transmitted infections (STIs). Condoms should be used to protect against STIs. For more information, see [who.int/reproductivehealth/publications/family_planning/9789241563888/en/index.html](http://www.who.int/reproductivehealth/publications/family_planning/9789241563888/en/index.html), [cdc.gov/mmwr/preview/mmwrhtml/r159e0528a1.htm?s_cid=r159e0528a1_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/r159e0528a1.htm?s_cid=r159e0528a1_e), [cdc.gov/mmwr/preview/mmwrhtml/mm6026a3.htm?s_cid=mm6026a3_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6026a3.htm?s_cid=mm6026a3_w), <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Adolescents-and-Long-Acting-Reversible-Contraception> and <http://pediatrics.aappublications.org/content/early/2014/09/24/peds.2014-2299.full.pdf>

| Condition | Qualifier for condition | Estrogen/ progestin: pill, patch, ring | Progestin- only: pill | Progestin- only: injection | Progestin- only: implant | Progestin IUD | Copper IUD |
|--|---|---|--------------------------|----------------------------------|--------------------------------|--------------------|--------------------|
| Age | < 18 | 1 | 1 | 2 | 1 | 1 | 1 |
| | 18-40 | 1 | 1 | 1 | 1 | 1 | 1 |
| | 40-45 | 2 | 1 | 1 | 1 | 1 | 1 |
| | > 45 | 2 | 1 | 2 | 1 | 1 | 1 |
| Anemia | Thalassemia | 1 | 1 | 1 | 1 | 1 | 2 |
| | Sickle cell disease | 2 | 1 | 1 | 1 | 1 | 2 |
| | Iron-deficiency anemia | 1 | 1 | 1 | 1 | 1 | 2 |
| Bariatric surgery | Stomach restrictive procedures, including lap band | 1 | 1 | 1 | 1 | 1 | 1 |
| | Malabsorptive procedures, including gastric bypass | Pill: 3 Patch or ring: 1 | 3 | 1 | 1 | 1 | 1 |
| Breast cancer | Family history of cancer | 1 | 1 | 1 | 1 | 1 | 1 |
| | Current | 4 | 4 | 4 | 4 | 4 | 1 |
| | In past, no evidence of disease for > 5 years | 3 | 3 | 3 | 3 | 3 | 1 |
| Breast problems, benign | Undiagnosed mass | 2 | 2 | 2 | 2 | 2 | 1 |
| | Benign breast disease | 1 | 1 | 1 | 1 | 1 | 1 |
| Cervical cancer and pre-cancerous changes | Cervical intraepithelial neoplasia | 2 | 1 | 2 | 2 | 2 | 1 |
| | Cancer, awaiting treatment | 2 | 1 | 2 | 2 | 4 | 4 |
| Depression | | 1 | 1 | 1 | 1 | 1 | 1 |
| Diabetes mellitus (DM) | Gestational DM in past | 1 | 1 | 1 | 1 | 1 | 1 |
| | DM without vascular disease | 2 | 2 | 2 | 2 | 2 | 1 |
| | DM with end-organ damage or > 20 years duration | 3 | 2 | 3 | 2 | 2 | 1 |
| Drug interactions | Antiretrovirals | All antiretroviral medications (except fosamprenavir) are either 1 or 2 for every contraceptive method. | | | | | |
| | Anticonvulsants: phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine | 3 Must select a pill with ≥ 30 mcg of estrogen to maximize efficacy | 3 | 1 | 2 | 1 | 1 |
| | Lamotrigine alone (Lamotrigine/valproate combo does not interact with hormones) | 3 | 1 | 1 | 1 | 1 | 1 |
| | Rifampin/rifabutin | 3 | 3 | 1 | 2 | 1 | 1 |
| | ALL OTHER antibiotics, antiparasitics, & antifungals | 1 | 1 | 1 | 1 | 1 | 1 |
| Endometrial cancer | | 1 | 1 | 1 | 1 | 4 | 4 |
| Endometriosis | | 1 | 1 | 1 | 1 | 1 | 2 |
| Gallbladder disease | Asymptomatic gallstones or s/p cholecystectomy | 2 | 2 | 2 | 2 | 2 | 1 |
| | Symptomatic gallstones, without cholecystectomy | 3 | 2 | 2 | 2 | 2 | 1 |
| | Pregnancy-related cholestasis in past | 2 | 1 | 1 | 1 | 1 | 1 |
| | Hormone-related cholestasis in past | 3 | 2 | 2 | 2 | 2 | 1 |
| Headaches | Non-migranous | 1 | 1 | 1 | 1 | 1 | 1 |
| Headaches: migraines | Without aura | 2 | 1 | 1 | 1 | 1 | 1 |
| | With aura | 4 | 1 | 1 | 1 | 1 | 1 |
| HIV infection | High risk for HIV infection | 1 | 1 | 1 | 1 | 2 | 2 |
| | HIV infection (without drug interactions) | 1 | 1 | 1 | 1 | 1 if well/2 if ill | 1 if well/2 if ill |
| Hypertension | During prior pregnancy only – now resolved | 2 | 1 | 1 | 1 | 1 | 1 |
| | Systolic < 159 & diastolic < 99 | 3 | 1 | 2 | 1 | 1 | 1 |
| | Systolic ≥ 160, diastolic ≥ 100, and/or with vascular disease | 4 | 2 | 3 | 2 | 2 | 1 |

| Condition | Qualifier for condition | Estrogen/ progestin: pill, patch, ring | Progestin- only: pill | Progestin- only: injection | Progestin- only: implant | Progestin IUD | Copper IUD |
|--|---|---|--------------------------|----------------------------------|--------------------------------|---------------------|---------------|
| Inflammatory bowel disease | Ulcerative colitis, Crohn's disease | 2 | 2 | 2 | 1 | 1 | 1 |
| Ischemic heart disease | Past or current | 4 | 2 | 3 | 2 | 2 | 1 |
| | Multiple risk factors (such as smoking, diabetes, hypertension, hyperlipidemia, or older age) | 4 | 2 | 3 | 2 | 1 | 1 |
| Liver Disease | Viral hepatitis-carrier | 1 | 1 | 1 | 1 | 1 | 1 |
| | Viral hepatitis-active | 4 | 1 | 1 | 1 | 1 | 1 |
| | Cirrhosis-mild | 1 | 1 | 1 | 1 | 1 | 1 |
| | Cirrhosis-severe | 4 | 3 | 3 | 3 | 3 | 1 |
| | Tumors-focal nodular hyperplasia | 2 | 2 | 2 | 2 | 2 | 1 |
| | Hepatocellular adenoma | 4 | 3 | 3 | 3 | 3 | 1 |
| | Tumors-malignant | 4 | 3 | 3 | 3 | 3 | 1 |
| Obesity | BMI > 30 kg/meter squared | 2 | 1 | 1 | 1 | 1 | 1 |
| Ovarian cancer | | 1 | 1 | 1 | 1 | 1 | 1 |
| Ovarian cysts | & benign tumors | 1 | 1 | 1 | 1 | 1 | 1 |
| Pelvic inflammatory disease | Past, with subsequent pregnancy | 1 | 1 | 1 | 1 | 1 | 1 |
| | Past, without subsequent pregnancy | 1 | 1 | 1 | 1 | 2 | 2 |
| | Current | 1 | 1 | 1 | 1 | 4 | 4 |
| Postpartum, not breastfeeding | < 3 weeks postpartum | 4 | 1 | 1 | 1 | See Postpartum IUDs | |
| | 3-6 weeks, increased risk DVT | 3 | 1 | 1 | 1 | | |
| | 3-6 weeks, normal risk DVT | 2 | 1 | 1 | 1 | | |
| | > 6 weeks postpartum | 1 | 1 | 1 | 1 | | |
| Postpartum, & breastfeeding | < 3 weeks postpartum | 4 | 2 | 2 | 2 | See Postpartum IUDs | |
| | 3-4 weeks postpartum | 3 | 2 | 2 | 2 | | |
| | 4-6 weeks, increased risk DVT | 3 | 1 | 1 | 1 | | |
| | 4-6 weeks, normal risk DVT | 2 | 1 | 1 | 1 | | |
| | > 6 weeks postpartum | 2 | 1 | 1 | 1 | | |
| Postpartum IUDs | < 10 minutes post-placenta delivery- Breastfeeding | | | | | 2 | 1 |
| | < 10 minutes post-placenta delivery- not breastfeeding | | | | | 1 | 1 |
| | 10 minutes post-placenta delivery to 4 weeks | | | | | 2 | 2 |
| | > 4 weeks | | | | | 1 | 1 |
| Post-abortion | First trimester | 1 | 1 | 1 | 1 | 1 | 1 |
| | Second trimester | 1 | 1 | 1 | 1 | 2 | 2 |
| | Immediately after septic abortion | 1 | 1 | 1 | 1 | 4 | 4 |
| Rheumatoid arthritis | On immunosuppressive therapy | 2 | 1 | 2 | 1 | 2 | 2 |
| | Not on immunosuppressive therapy | 2 | 1 | 2 | 1 | 1 | 1 |
| Sexually Transmitted Infections (STI) | Vaginitis / Increased risk of STI | 1 | 1 | 1 | 1 | 2 | 2 |
| | High risk of STI | 1 | 1 | 1 | 1 | 2 | 2 |
| | Current GC/Chlamydia/ Purulent cervicitis | 1 | 1 | 1 | 1 | 4 | 4 |
| Smoking | Age < 35 | 2 | 1 | 1 | 1 | 1 | 1 |
| | Age > 35, < 15 cigarettes/day | 3 | 1 | 1 | 1 | 1 | 1 |
| | Age > 35, > 15 cigarettes/day | 4 | 1 | 1 | 1 | 1 | 1 |
| Seizure disorder | Without drug interactions | 1 | 1 | 1 | 1 | 1 | 1 |
| Stroke | Past or current | 4 | 2 | 3 | 2 | 2 | 1 |
| Surgery | Minor | 1 | 1 | 1 | 1 | 1 | 1 |
| | Major, without prolonged immobilization | 2 | 1 | 1 | 1 | 1 | 1 |
| | Major, with prolonged immobilization | 4 | 2 | 2 | 2 | 2 | 1 |
| Systemic lupus erythematosus | Antiphospholipid Ab + | 4 | 3 | 3 | 3 | 3 | 1 |
| | Severe thrombocytopenia | 2 | 2 | 3 | 2 | 2 | 3 |
| | Immunosuppressive treatment | 2 | 2 | 2 | 2 | 2 | 2 |
| | None of the above | 2 | 2 | 2 | 2 | 2 | 1 |
| Thyroid disorders | Simple goiter, hyperthyroidism, hypothyroidism | 1 | 1 | 1 | 1 | 1 | 1 |
| Uterine fibroids | IUDs ok unless fibroids block insertion | 1 | 1 | 1 | 1 | 2 | 2 |
| Valvular heart disease | Uncomplicated | 2 | 1 | 1 | 1 | 1 | 1 |
| | Complicated | 4 | 1 | 1 | 1 | 1 | 1 |
| Varicose veins | | 1 | 1 | 1 | 1 | 1 | 1 |
| Venous thrombosis | Family history (first-degree relatives) | 2 | 1 | 1 | 1 | 1 | 1 |
| | Superficial thrombophlebitis | 3 | 1 | 1 | 1 | 1 | 1 |
| | Past DVT, high risk of DVT, or known thrombophilia | 4 | 2 | 2 | 2 | 2 | 1 |
| | Current DVT | 4 | 2 | 2 | 2 | 2 | 2 |