

## Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use



Key:

No restriction (method can be used)

- Advantages generally outweigh theoretical or proven risks Theoretical or proven risks usually outweigh the advantages
- Unacceptable health risk (method not to be used)

Updated June 2012. This summary sheet only contains a subset of the recommendations from the US MEC. For complete guidance, see: http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm

Most contraceptive methods do not protect against sexually transmitted infections (STIs). Consistent and correct use of the male latex condom reduces the risk of STIs and HIV.

Condition	Sub-condition	Combined pill,	- Progestin-only pill	Injection	Implant	LNGIUD	Copper-IUD	
Age		I C Menarche	I C	I C Menarche to	I C	I C	I C Menarche to	
Age		to <40=1	<18=1	<18=2	<18=1	<20=2	<20=2	
		≥40=2	18-45=1	18-45=1	18-45=1	<u>≥</u> 20=1	≥ <u>20=1</u>	
			>45=1	>45=2	>45=1	_		
Anatomic abnormalities	a) Distorted uterine cavity					2	2	
Anemias	b) Other abnormalities a) Thalassemia	1	1	1	1	1	2	
Ancinas	b) Sickle cell disease‡	2	1	1	1	1	2	
	c) Iron-deficiency anemia	1	1	1	1	1	2	
Benign ovarian tumors	(including cysts)	1	1	1	1	1	1	
Breast disease	a) Undiagnosed mass	2*	2*	2*	2*	2	1	
	b) Benign breast disease	1	1	1	1	1	1	
	c) Family history of cancer	1	1	1	1	1	1	
	d) Breast cancer‡							
	i) current	4	4	4	4	4	1	
	ii) past and no evidence of current disease for 5 years	3	3	3	3	3	1	
Breastfeeding	a) < 1 month postpartum	3*	2*	2*	2*			
(see also Postpartum)	b) 1 month or more postpartum	2*	1*	1*	1*			
Cervical cancer	Awaiting treatment	2	1	2	2	4 2	4 2	
Cervical ectropion		1	1	1	1	1	1	
Cervical intraepithelial neoplasia		2	1	2	2	2	1	
Cirrhosis	a) Mild (compensated)	1	1	1	1	1	1	
	b) Severe‡ (decompensated)	4	3	3	3	3	1	
Deep venous thrombosis	a) History of DVT/PE, not on anticoagulant therapy							
(DVT) /Pulmonary embolism (PE)	i) higher risk for recurrent DVT/PE	4	2	2	2	2	1	
embolism (PE)	ii) lower risk for recurrent DVT/PE	3	2	2	2	2	1	
	b) Acute DVT/PE c) DVT/PE and established on	4	2	2	2	2	2	
	anticoagulant therapy for at least 3 months							
	i) higher risk for recurrent DVT/PE	4*	2	2 2 2		2	2	
	ii) lower risk for recurrent DVT/PE	3*	2	2	2	2	2	
	d) Family history (first-degree relatives)	2	1	1	1	1	1	
	e) Major surgery							
	(i) with prolonged immobilization	4	2	2	2	2	1	
	(ii) without prolonged immobilization	2	1	1	1	1	1	
	f) Minor surgery without immobilization	1	1	1	1	1	1	
Depressive disorders		1*	1*	1*	1*	1*	1*	
Diabetes mellitus (DM)	a) History of gestational DM only     b) Non-vascular disease	1	1	1	1	1	1	

Condition	Sub-condition	Combined nill	patch, ring		Progestm-only pull	Injection		Implant	Tipedili.	LNGIUD		Copper-IUD		
		I	C	I	C	I C		I C		I C		I	C	
Diabetes mellitus	(i) non-insulin dependent	2			2	- 2	2	2		2		1		
(cont.)	(ii) insulin dependent‡	2			2	1	2	2		2		1		
	c) Nephropathy/ retinopathy/ neuropathy‡	3/4	<b> </b> *		2	3	3		2		2			
	d) Other vascular disease or diabetes of >20 years' duration;	3/4	*	2		3		2		2		1		
Endometrial cancer‡		1			1		1		1	4	2	4	2	
Endometrial		1			1	1	1		1	1		1		
hyperplasia														
Endometriosis		1			1		1		1	1		2		
Epilepsy‡	(see also Drug Interactions)	1*		1	*	1	*	1	*	1		1		
Gallbladder	a) Symptomatic													
disease	(i) treated by cholecystectomy	2			2		2		2	2		1		
	(ii) medically treated	3			2	- 2	2		2	2		1		
	(iii) current	3			2		2		2	2		1		
	b) Asymptomatic	2		:	2	1	2		2	2		1		
Gestational trophoblastic	a) Decreasing or undetectable β-hCG levels				1		1		3					
disease	b) Persistently elevated B-hCG levels or			1		1		4		4				
Headaches	malignant disease‡ a) Non-migrainous	1*	200	1*	1*	1*	4.0	1*	1.0	1*	4.0	1*		
ricadacties	b) Migraine	1*	2*	1*	1*	1*	1*	1*	1*	1*	1*	1*		
	i) without aura, age <35		24	4.0								4.0		
		2*	3*	1*	2*	2*	2*	2*	2*	2*	2*	1*		
	ii) without aura, age ≥35	3*	4*	1*	2*	2*	2*	2*	2*	2*	2*	1*		
TT:	iii) with aura, any age	4*	4*	2*	3*	2*	3*	2*	3*	2*	3*	1*		
History of bariatric	a) Restrictive procedures	1		1		1		1		1		1		
surgery‡	b) Malabsorptive procedures	COC P/R			3	1		1		1		1		
History of	a) Pregnancy-related	2		1		1		1		1		1		
cholestasis	b) Past COC-related	3		2		1	2		2	2		1		
History of high blood pressure during pregnancy		2		:	1	1		. 1		1		1		
History of pelvic surgery		1		1		1			1	1	1			
HIV	High risk	1			1	1*			1	2	2	2	2	
	HIV infected (see also Drug Interactions);	18		1*		1*		1*		2	2	2	2	
	AIDS (see also Drug Interactions) ‡	1*		1*		1*		1*		3 2*		3	2*	
	Clinically well on therapy			on treatment, see		e Drug Interac		ctions		2	2	2	2	
Hyperlipidemias		2/3		2*			2*		*	2*		1*		
Hypertension	a) Adequately controlled hypertension	3*		1*		2*		1*		1		1		
	b) Elevated blood pressure levels (properly taken measurements)													
	(i) systolic 140-159 or diastolic 90-99	3		1		2		1		1		1		
	(ii) systolic ≥160 or diastolic ≥100‡	4			2	3				2		1		
L	c) Vascular disease	4		2		3		2		2		1		

Condition	Sub-condition	Combined pill, patch, ring		Injection	Implant	LNG-IUD	Copper-1UD	
Inflammatory	(Ulcerative colitis, Crohn's	I C	I C	I C	I C	I C	I C	
bowel disease	disease)	2/3*		2	1	1	1	
Ischemic heart disease‡	Current and history of	4	2 3	3	2 3	2 3	1	
Liver tumors	a) Benign							
	i) Focal nodular hyperplasia	2	2	2	2	2	1	
	ii) Hepatocellular adenoma‡	4	3	3	3	3	1	
Malaria	b) Malignant‡	4 1	3	3	3	3	1	
Multiple risk factors for arterial cardiovascular disease	(such as older age, smoking, diabetes and hypertension)	3/4*	2* 3*		2*	1 1 2* 2		
Obesity	(BMI)		1	1	1			
	b) Menarche to < 18 years and ≥ 30 kg/m <sup>2</sup> BMI	2	1	2	1	1	1	
Ovarian cancer‡	) N. W.	1	1	1	1	1	1	
Parity	a) Nulliparous	1	1	1	1	2	2	
Past ectopic	b) Parous	1	2	1	1	1	1	
pregnancy			2	1	•	1	1	
Pelvic inflammatory	a) Past, (assuming no current risk factors of STIs)							
disease	(i) with subsequent pregnancy	1	1	1	1	1 1	1 1	
	(ii) without subsequent pregnancy	1	1	1	1	2 2	2 2	
	b) Current	1	1	1	1	4 2*	4 2*	
Peripartum	a) Normal or mildly impaired							
cardiomyopatny;	cardiac function (i) < 6 months	4	1	1	1	2	2	
inflammatory disease  Peripartum cardiomyopathy*	$(ii) \ge 6$ months	3	1	1	1	2	2	
	b) Moderately or severely	4	2	2	2	2	2	
Postabortion	impaired cardiac function a) First trimester	1*	1*	1*	1*	1*	1*	
	b) Second trimester	1*	1*	1*	1*	2	2	
	c) Immediately post-septic	1*			1*	4	4	
Postpartum	abortion a) < 21 days	4	1	1	1			
(see also	b) 21 days to 42 days	4	1	1	1			
Breastfeeding)	(i) with other risk factors for VTE	3*	1	1	1			
	(ii) without other risk factors for VTE	2	1	1	1			
	c) > 42 days	1	1	1	1			
Postpartum (in breastfeeding or	a) < 10 minutes after delivery of the placenta					2	1	
non-breastfeeding women, including	b) 10 minutes after delivery of the placenta to < 4 weeks					2	2	
post-cesarean section)	c) ≥ 4 weeks					1	1	
	d) Puerperal sepsis					4	4	
Pregnancy Rheumatoid	a) On immunosuppressive therapy	NA*	NA*	NA* 2/3*	NA*	2 1	4* 2 1	
arthritis	b) Not on immunosuppressive	2	1	2/3	1	1	1	
	therapy							
Schistosomiasis	a) Uncomplicated b) Fibrosis of the liver;	1	1	1	1	1	1	
Severe	o) i iorosis of the liver.	1	1	1	1	1	2	
dysmenorrhea Sexually	a) Current purulent cervicitis or	1	1	1	1			
transmitted infections (STIs)	chlamydial infection or gonorrhea b) Other STIs (excluding HIV and							
miccions (5118)	b) Other STIs (excluding HIV and hepatitis)		1	2 2	2 2			

Condition	Sub-condition	Combined pill, patch, ring		Injection		Implant		LNG-IUD		Copper-IUD			
a "		I	С	I	C	I	С	I	С	I	С	I	С
Sexually transmitted infections	c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1			1		1		1	2	2	2	2
(cont.)	d) Increased risk of STIs	1			1	1 1		1	2/3* 2		2/3*	2	
Smoking	a) Age < 35	2			1		1		1	1		1	
	b) Age ≥ 35, < 15 cigarettes/day	3			1		1		<u> </u>	1		1	
6.1:1	c) Age ≥ 35, ≥15 cigarettes/day	4			1		1		1	1		1	
Solid organ transplantation‡	a) Complicated	4			2		2		2	3	2	3	2
Stroke‡	b) Uncomplicated History of cerebrovascular	2*			2		2	_	2	2		2	
Stroke.	accident	4		2	3		3	2	3	2		1	
Superficial	a) Varicose veins	1			1		1		i	1		1	
venous thrombosis	b) Superficial thrombophlebitis	2			1	1		1		1		1	
Systemic lupus erythematosus‡	a) Positive (or unknown) antiphospholipid antibodies	4			3	3 3		3				1	1
	b) Severe thrombocytopenia	2			2	3	2		2	2*	-	3*	2*
	c) Immunosuppressive treatment d) None of the above	2		2		2	2		2	2		2 1	
Thrombogenic	d) None of the above	2			2	2 2		2		2		1 1 1*	
mutations‡		4*		2*		2*		2*		2*			
Thyroid disorders	Simple goiter/ hyperthyroid/hypothyroid	1		1		1		1		1		1	
Tuberculosis‡ (see also Drug	a) Non-pelvic	1* 1*			[* [*		*	1* 1*		1	-	1	- 2
Interactions)	b) Pelvic	1"			L"	1*		1		4	3	4	3
Unexplained vaginal bleeding	(suspicious for serious condition) before evaluation	2*		3	2*	3*		3*		4* 2*		4*	2*
Uterine fibroids		1			1	1			1	2		2	
Valvular heart disease	a) Uncomplicated b) Complicated‡	4			1	1		1		1		1	
Vaginal bleeding	a) Irregular pattern without heavy bleeding	1			2	2		2		1 1		1	
patterns	b) Heavy or prolonged bleeding	1*		- 1	2*	2*		2*		1* 2*		2*	
Viral hepatitis	a) Acute or flare	3/4*	2		1	1		1		1		1	
	b) Carrier/Chronic	1	1		1		1	1		1		1	
<b>Drug Interactions</b>													
Antiretroviral therapy	a) Nucleoside reverse	1*			1		1		1	2/3*	2*	2/3*	2*
licrapy	transcriptase inhibitors b) Non-nucleoside reverse	2*		,	2*		1	-	*	2/3*	2*	2/3*	2*
	transcriptase inhibitors	2*		- 2	Z*		1	2	*	2/3*	2*	2/3*	2*
	c) Ritonavir-boosted protease	3*		- 1	3*		1	,	*	2/3*	2*	2/3*	2*
	inhibitors	3			,		•	_	'	2/3		213	-
Anticonvulsant	a) Certain anticonvulsants	3*			3*	1		2	*	1		1	
therapy	(phenytoin, carbamazepine,												
	barbiturates, primidone,												
	topiramate, oxcarbazepine)												
	b) Lamotrigine	3*			1	1		1		1		1	
Antimicrobial	a) Broad spectrum antibiotics	1			1		1		1	1		1	
therapy	b) Antifungals	1			1 1 1				1		1		
	L S A 12 12	1		1		1				1		1	
	c) Antiparasitics d) Rifampicin or rifabutin therapy	3*			<u>1</u> 3*		1		*				

I = initiation of contraceptive method; C = continuation of contraceptive method; NA = Not applicable

\* Please see the complete guidance for a clarification to this classification: www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm

Condition that exposes a woman to increased risk as a result of unintended pregnancy.