

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



Kov.

No restriction (method can be used)

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

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			
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	>20=1	>20=1
			>45=1	>45=2	>45=1		
Anatomic	a) Distorted uterine cavity					4	4
abnormalities	b) Other abnormalities					2	2
Anemias	a) Thalassemia b) Sickle cell disease‡	2	1	1	1	1 1	2 2
	c) Iron-deficiency anemia	1	1	1	1	1	2
Benign ovarian	(including cysts)	1	1	1	1	1	1
tumors	(including cysts)	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	3	3	3	3	3	1
	current disease for 5 years						
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	4	2	2	2	2	2
	c) DVT/PE and established on anticoagulant therapy for at least 3 months						
	i) higher risk for recurrent DVT/PE	4*	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 vill			Progesun-only put	Injection		Immlant	,	TNGIUD		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	2		1	
(cont.)	(ii) insulin dependent‡	2		1	2	2	2	2		2		1	
	c) Nephropathy/ retinopathy/ neuropathy;	3/4			2	3		2		2		1	
	d) Other vascular disease or diabetes of >20 years' duration‡	3/4*		3	2		3		2			1	
Endometrial cancer‡		1			1	1	1		1	4 2		4	2
Endometrial		1			1	1	l		1	1		1	
hyperplasia													
Endometriosis		1			1	1	1		1	1		2	
Epilepsy‡	(see also Drug Interactions)	13	ķ	1	*	1	*	1	*	1		1	
Gallbladder	a) Symptomatic												
disease	(i) treated by cholecystectomy	2		:	2	2	2	:	2	2		1	
	(ii) medically treated	3			2	2	2		2	2		1	
	(iii) current	3			2	2	2	1	2	2		1	
	b) Asymptomatic	2			2	2	2	1	2	2		1	
Gestational trophoblastic	a) Decreasing or undetectable β-hCG levels	1			1	1		1		3		3	
disease	b) Persistently elevated B-hCG levels or			1		1		1		4		4	
Headaches	malignant disease‡ a) Non-migrainous	4.0	200	4.0	4.0	4.0	4.0	4.0	4.0	4.0	10	4.0	
Treatuacties	b) Migraine	1*	2*	1*	1*	1*	1*	1*	1*	1*	1*	1*	
	i) without aura, age <35	2*	24	1*	2*	20	20	2*	2*	20	2*	4.0	
	ii) without aura, age ≥35		3*	1*	2*	2* 2*	2*		2*	2*	2*	1* 1*	
	iii) with aura, any age	3* 4*	4*					2*		2*	_		
History of	a) Restrictive procedures	4*	4*	2*	3*	2*	3*	2*	3*	2*	3*	1*	
bariatric		1		1		1		1		1		1	
surgery‡	b) Malabsorptive procedures	COC P/R		3		1		1		1			
History of	a) Pregnancy-related	2		1		1		1		1		1	
cholestasis	b) Past COC-related	3		2		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
1	HIV infected	15	ķ.	1*		1*		1*		2	2	2	2
	(see also Drug Interactions); AIDS											_	
	(see also Drug Interactions) ‡ Clinically well on therapy	1*		1*		1*		1*		3	2*	3	2*
Hemoelin's	Cinically well off therapy			on treatment, see						2	2	2	2
Hyperlipidemias	a) Adequately controlled	2/3		2*		2*		2	*	2*		1*	
Hypertension	hypertension b) Elevated blood pressure levels	3*		1*		2*		1*		1		1	
	(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		2		1	
	c) Vascular disease	4		2		3		2		2		1	

Condition	Sub-condition	Combined pill, patch, ring	- Progestin-only pill	Injection	Implant	LNG-IUD	Copper-IUD	
Inflormatory	(Ulcerative colitis, Crohn's	I C	I C	I C	I C	I C	I C	
Inflammatory bowel disease	disease)	2/3*	2	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 ii) Hepatocellular adenoma ‡	2	2	2	2	2	1	
	b) Malignant‡	4	3	3	3	3	1	
Malaria	b) Wangnant ₄	1	1	1	1	1	1	
Multiple risk factors for arterial cardiovascular disease	(such as older age, smoking, diabetes and hypertension)	3/4*	2*	3*	2*	2	1	
Obesity	a) ≥30 kg/m² body mass index (BMI)	2	1	1	1	1	1	
	b) Menarche to < 18 years and ≥ 30 kg/m² BMI	2	1	2	1	1	1	
Ovarian cancer‡		1	1	1	1	1	1	
Parity	a) Nulliparous	1	1	1	1	2	2	
Dest sets of	b) Parous	1	1	1	1	1	1	
Past ectopic pregnancy		1	2	1	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	
D ' .	b) Current	1	1	1	1	4 2*	4 2*	
Peripartum cardiomyopathy‡	Normal or mildly impaired cardiac function							
	(i) < 6 months	4	1	1	1	2	2	
	$(ii) \ge 6$ months	3	1	1	1	2	2	
	b) Moderately or severely impaired cardiac function	4	2	2	2	2	2	
Postabortion	a) First trimester	1*	1* 1*		1*	1*	1*	
	b) Second trimester	1*	1*	1*	1*	2	2	
	c) Immediately post-septic	1*	1* 1*		1*	4	4	
Postpartum	abortion a) < 21 days	4	1	1	1			
(see also	b) 21 days to 42 days		-	-	-			
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 post-cesarean	b) 10 minutes after delivery of the placenta to < 4 weeks					2	2	
section)	c) ≥ 4 weeks					1	1	
Pregnancy	d) Puerperal sepsis	NA*	NA*	NA*	NA*	4*	4 4*	
Rheumatoid arthritis	a) On immunosuppressive therapy	2	1	2/3*	1	2 1	2 1	
	b) Not on immunosuppressive therapy	2	1	2	1	1	1	
Schistosomiasis	a) Uncomplicated	1	1	1	1	1	1	
	b) Fibrosis of the liver‡	1	1	1	1	1	1	
Severe dysmenorrhea		1	1	1	1	1	2	
Sexually transmitted	a) Current purulent cervicitis or chlamydial infection or gonorrhea	1	1	1	1	4 2*	4 2*	
infections (STIs)	b) Other STIs (excluding HIV and hepatitis)	1	1	1	1	2 2	2 2	

Condition	Sub-condition	Combined pill, patch, ring			Progestin-only pill	Injection		Implant		LNG-IUD		Copper-IUD		
		I	C	I	C	I	C	I	C	I	С	I	C	
transmitted infections	c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1		1		1		1		2	2	2	2	
	d) Increased risk of STIs	1			1	1		1		2/3*	2	2/3*	2	
	a) Age < 35	2			1	1		1	1	1		1		
	b) Age ≥ 35, < 15 cigarettes/day	3			1	1		_	1	1		1		
	c) Age ≥ 35, ≥15 cigarettes/day	4			1	1		1		1		1		
Solid organ	a) Complicated	4			2	2	2	2	2	3	2	3	2	
	b) Uncomplicated	2*			2	2		2	2	2		2		
	History of cerebrovascular accident	4		2	3	3	3	2	3	2		1		
*	a) Varicose veins	1			1	1		1	<u> </u>	1		1		
venous thrombosis	b) Superficial thrombophlebitis	2			1	1	l	1	l	1		1		
erythematosus‡	a) Positive (or unknown) antiphospholipid antibodies	4		3		3	3	***	3	3		1	1	
	b) Severe thrombocytopenia	2			2	3 2		2		2*		3*	2*	
	c) Immunosuppressive treatment	2			2	2	2	2		2		2	1	
	d) None of the above 2 2		2	2 2 2		2		1 1						
Thrombogenic mutations‡		4*		2	2*	2*		2*		2*		1*		
	Simple goiter/ hyperthyroid/hypothyroid	1			1		1		1		1		1	
	a) Non-pelvic	1*			1*		1*		*	1		1		
Interactions)	b) Pelvic	1*			! *	1*		1* 1*		4	3	4	3	
vaginal bleeding	(suspicious for serious condition) before evaluation	2*			2*	3*				4* 2*		4*	2*	
Uterine fibroids		1		1		1		1		2		2		
	a) Uncomplicated	2			1	1		1 1		1		1		
Vaginal	b) Complicated‡ a) Irregular pattern without heavy bleeding	1			2	2*		2 2		1	1	1		
	b) Heavy or prolonged bleeding	1*		-	2*					1* 2*		2*		
	a) Acute or flare	3/4*	2	1 1 1				1	1 1					
-	b) Carrier/Chronic	1	1		1	1		1		1		1		
Drug Interactions														
	Nucleoside reverse transcriptase inhibitors	1*			1	1	l	1	l	2/3*	2*	2/3*	2*	
	b) Non-nucleoside reverse transcriptase inhibitors	2*		2	2*	1	l	2	*	2/3*	2*	2/3*	2*	
	c) Ritonavir-boosted protease inhibitors	3*		3*		1		2*		2/3*	2*	2/3*	2*	
	a) Certain anticonvulsants	3*			3*	1		2	*	1		1		
therapy	(phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3*		3~				2*		1				
l F	b) Lamotrigine	3*		-		1		1		1		1		
	a) Broad spectrum antibiotics	1			1	1			<u>. </u>	1		1		
.1	b) Antifungals									1		1		
		1		1		1				1		1		
F	c) Antiparasitics	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.