

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 <https://www.who.int/publications/i/item/9789241549158>
https://www.cdc.gov/reproductivehealth/contraception/contraception_guidance.htm
<https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2019/02/use-of-hormonal-contraception-in-women-with-coexisting-medical-conditions>

Condition	Qualifier for condition	Estrogen/ progestin: pill, patch, ring	Progestin- only: pill	Progestin- only: injection	Progestin- only: implant	Hormonal 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	Hormonal 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	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	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