

| Risk Level |                                                             |
|------------|-------------------------------------------------------------|
| 1          | Method can be used without restriction                      |
| 2          | Advantages generally outweigh theoretical or proven risks   |
| 3          | Theoretical or proven risks usually outweigh the advantages |
| 4          | Method not to be used                                       |

## Medical Eligibility for Initiating Contraception: Absolute and Relative Contraindications

For more information, see the CDC's 2024 Medical Eligibility Criteria for Contraceptive Use and 2024 US Selected Practice Recommendations for Contraceptive Use:  
<https://www.cdc.gov/contraception/hcp/contraceptive-guidance/>

| Condition                                                                 | Qualifier for condition                                                                       | Estrogen/<br>progestin:<br>pill, patch,<br>ring                                        | Progestin-<br>only: pill | Progestin-<br>only:<br>injection | Progestin-<br>only:<br>implant | Hormonal<br>IUD | Copper<br>IUD |  |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------|----------------------------------|--------------------------------|-----------------|---------------|--|
| <b>Age</b>                                                                | < 18                                                                                          | 1                                                                                      | 1                        | 2                                | 1                              | <20: 2          | <20: 2        |  |
|                                                                           | 18-40                                                                                         | 1                                                                                      | 1                        | 1                                | 1                              | >20: 1          | >20: 1        |  |
|                                                                           | 40-45                                                                                         | 2                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | > 45                                                                                          | 2                                                                                      | 1                        | 2                                | 1                              | 1               | 1             |  |
| <b>Anemia</b>                                                             | Iron-deficiency anemia                                                                        | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 2             |  |
|                                                                           | Sickle cell disease                                                                           | 4                                                                                      | 1                        | 2/3                              | 1                              | 1               | 2             |  |
|                                                                           | Thalassemia                                                                                   | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 2             |  |
| <b>Bariatric surgery<br/>(history)</b>                                    | Malabsorptive procedures                                                                      | Pill: 3<br>Patch or Ring: 1                                                            | 3                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | Restrictive procedures                                                                        | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
| <b>Breast cancer</b>                                                      | Current                                                                                       | 4                                                                                      | 4                        | 4                                | 4                              | 4               | 1             |  |
|                                                                           | Family history of cancer                                                                      | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | In past (≥ 5 years)                                                                           | 3                                                                                      | 3                        | 3                                | 3                              | 3               | 1             |  |
|                                                                           | Undiagnosed mass                                                                              | 2                                                                                      | 2                        | 2                                | 2                              | 2               | 1             |  |
| <b>Cervical cancer and<br/>precancerous changes</b>                       | Cancer, awaiting treatment                                                                    | 2                                                                                      | 1                        | 2                                | 2                              | 4               | 4             |  |
|                                                                           | Cervical intraepithelial neoplasia                                                            | 2                                                                                      | 1                        | 2                                | 2                              | 2               | 1             |  |
| <b>Chronic kidney disease</b>                                             | Current nephrotic syndrome                                                                    | 4                                                                                      | 2/4*                     | 3                                | 2                              | 2               | 1             |  |
|                                                                           | Hemodialysis                                                                                  | 4                                                                                      | 2/4*                     | 3                                | 2                              | 2               | 1             |  |
|                                                                           | Peritoneal dialysis                                                                           | 4                                                                                      | 2/4*                     | 3                                | 2                              | 2               | 2             |  |
| <b>Cirrhosis</b>                                                          | Normal liver function                                                                         | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | Impaired liver function                                                                       | 4                                                                                      | 2                        | 3                                | 2                              | 2               | 1             |  |
| <b>Cystic fibrosis</b>                                                    |                                                                                               | 1                                                                                      | 1                        | 2                                | 1                              | 1               | 1             |  |
| <b>Deep venous<br/>thrombosis (DVT) /<br/>Pulmonary embolism<br/>(PE)</b> | On therapeutic dose anticoagulant therapy                                                     | 3                                                                                      | 2                        | 2                                | 2                              | 2               | 2             |  |
|                                                                           | History DVT/PE, prophylactic dose anticoagulant                                               |                                                                                        |                          |                                  |                                |                 |               |  |
|                                                                           | Higher risk of recurrence                                                                     | 4                                                                                      | 2                        | 3                                | 2                              | 2               | 2             |  |
|                                                                           | Lower risk of recurrence                                                                      | 3                                                                                      | 2                        | 2                                | 2                              | 2               | 2             |  |
|                                                                           | History DVT/PE, not on anticoagulant                                                          |                                                                                        |                          |                                  |                                |                 |               |  |
|                                                                           | Higher risk of recurrence                                                                     | 4                                                                                      | 2                        | 3                                | 2                              | 2               | 1             |  |
|                                                                           | Lower risk of recurrence                                                                      | 3                                                                                      | 2                        | 2                                | 2                              | 2               | 1             |  |
| Family History                                                            | 2                                                                                             | 1                                                                                      | 1                        | 1                                | 1                              | 1               |               |  |
| <b>Depressive disorders</b>                                               |                                                                                               | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
| <b>Diabetes</b>                                                           | No vascular disease                                                                           | 2                                                                                      | 2                        | 2                                | 2                              | 2               | 1             |  |
|                                                                           | Nephropathy, retinopathy, or neuropathy                                                       | 3/4                                                                                    | 2                        | 3                                | 2                              | 2               | 1             |  |
|                                                                           | Other vascular disease or diabetes >20 yr                                                     | 3/4                                                                                    | 2                        | 3                                | 2                              | 2               | 1             |  |
| <b>Dysmenorrhea</b>                                                       | Severe                                                                                        | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 2             |  |
| <b>Drug interactions</b>                                                  | Fosamprenavir for PrEP or HIV treatment                                                       | 3                                                                                      | 2                        | 2                                | 2                              | 1/2             | 1/2           |  |
|                                                                           | Other ARVs for PrEP or HIV treatment                                                          | All other antiretroviral medications are either 1 or 2 for every contraceptive method. |                          |                                  |                                |                 |               |  |
|                                                                           | Anticonvulsants: phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine | 3**                                                                                    | 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             |  |
|                                                                           | SSRIs                                                                                         | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | St. John's Wort                                                                               | 2                                                                                      | 2                        | 1                                | 2                              | 1               | 1             |  |
| <b>Endometrial cancer</b>                                                 |                                                                                               | 1                                                                                      | 1                        | 1                                | 1                              | 4               | 4             |  |
| <b>Endometriosis</b>                                                      |                                                                                               | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 2             |  |
| <b>Gallbladder disease</b>                                                | Symptomatic: current or medically treated                                                     | 3                                                                                      | 2                        | 2                                | 2                              | 2               | 1             |  |
|                                                                           | Asymptomatic or symptomatic (treated by cholecystectomy)                                      | 2                                                                                      | 2                        | 2                                | 2                              | 2               | 1             |  |
| <b>Headaches</b>                                                          | Nonmigrane                                                                                    | 1                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
| <b>Headaches: migraines</b>                                               | Without aura                                                                                  | 2                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | With aura                                                                                     | 4                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
| <b>History of cholestasis</b>                                             | Pregnancy-related                                                                             | 2                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | Past COC related                                                                              | 3                                                                                      | 2                        | 2                                | 2                              | 2               | 1             |  |
| <b>Hypertension</b>                                                       | History during pregnancy                                                                      | 2                                                                                      | 1                        | 1                                | 1                              | 1               | 1             |  |
|                                                                           | Adequately controlled                                                                         | 3                                                                                      | 1                        | 2                                | 1                              | 1               | 1             |  |
|                                                                           | Systolic 140-159 or diastolic 90-99                                                           | 3                                                                                      | 1                        | 2                                | 1                              | 1               | 1             |  |
|                                                                           | Systolic ≥ 160 or diastolic ≥ 100, or w/ vascular disease                                     | 4                                                                                      | 2                        | 3                                | 2                              | 2               | 1             |  |

\*For chronic kidney disease, initiating drospirenone progestin-only pills is a category 4.

\*\* Select pill with ≥ 30 mcg estrogen to maximize efficacy.

| Condition                                                                        | Qualifier for condition                       | Estrogen/<br>progestin:<br>pill, patch,<br>ring | Progestin-<br>only: pill | Progestin-<br>only:<br>injection | Progestin-<br>only:<br>implant | Hormonal<br>IUD     | Copper<br>IUD |
|----------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------|--------------------------|----------------------------------|--------------------------------|---------------------|---------------|
| <b>Inflammatory bowel disease</b>                                                | Ulcerative colitis, Crohn's disease           | 2/3                                             | 2                        | 2                                | 1                              | 1                   | 1             |
| <b>Ischemic heart disease</b>                                                    | History or current                            | 4                                               | 2                        | 3                                | 2                              | 2                   | 1             |
|                                                                                  | Multiple risk factors                         | 3/4                                             | 2                        | 3                                | 2                              | 2                   | 1             |
| <b>Liver tumors</b>                                                              | Focal nodular hyperplasia                     | 2                                               | 2                        | 2                                | 2                              | 2                   | 1             |
|                                                                                  | Hepatocellular adenoma                        | 4                                               | 2                        | 3                                | 2                              | 2                   | 1             |
|                                                                                  | Malignant                                     | 4                                               | 3                        | 3                                | 3                              | 3                   | 1             |
| <b>Multiple sclerosis</b>                                                        | Without prolonged immobility                  | 1                                               | 1                        | 2                                | 1                              | 1                   | 1             |
|                                                                                  | With prolonged immobility                     | 3                                               | 1                        | 2                                | 1                              | 1                   | 1             |
| <b>Obesity</b>                                                                   | BMI ≥ 30 kg/m <sup>2</sup>                    | 2                                               | 1                        | 1                                | 1                              | 1                   | 1             |
|                                                                                  | <18 years and BMI ≥ 30 kg/m <sup>2</sup>      | 2                                               | 1                        | 2                                | 1                              | 1                   | 1             |
| <b>Ovarian cysts</b>                                                             | & benign tumors                               | 1                                               | 1                        | 1                                | 1                              | 1                   | 1             |
| <b>Parity</b>                                                                    | Nulliparous                                   | 1                                               | 1                        | 1                                | 1                              | 2                   | 2             |
| <b>Past ectopic pregnancy</b>                                                    |                                               | 1                                               | 2                        | 1                                | 1                              | 1                   | 1             |
| <b>Pelvic inflammatory disease</b>                                               | 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             |
| <b>Peripartum cardiomyopathy</b>                                                 | Normal or mildly impaired cardiac function    |                                                 |                          |                                  |                                |                     |               |
|                                                                                  | < 6 months                                    | 4                                               | 1                        | 2                                | 1                              | 2                   | 2             |
|                                                                                  | ≥ 6 months                                    | 3                                               | 1                        | 2                                | 1                              | 2                   | 2             |
|                                                                                  | Moderately/severely impaired cardiac function | 4                                               | 2                        | 3                                | 2                              | 2                   | 2             |
| <b>Postpartum, not breastfeeding</b>                                             | < 21 days                                     | 4                                               | 1                        | 2                                | 1                              | See Postpartum IUDs |               |
|                                                                                  | 21-42 days, risk for VTE                      | 3                                               | 1                        | 2                                | 1                              |                     |               |
|                                                                                  | 21-42 days, without VTE risk factors          | 2                                               | 1                        | 1                                | 1                              |                     |               |
|                                                                                  | > 42 days postpartum                          | 1                                               | 1                        | 1                                | 1                              |                     |               |
| <b>Postpartum &amp; breastfeeding</b>                                            | < 21 days                                     | 4                                               | 2                        | 2                                | 2                              |                     |               |
|                                                                                  | 21- <30 days                                  | 3                                               | 2                        | 2                                | 2                              |                     |               |
|                                                                                  | 30-42 days, risk for VTE                      | 3                                               | 1                        | 2                                | 1                              |                     |               |
|                                                                                  | 30-42 days, w/o VTE risk factors              | 2                                               | 1                        | 1                                | 1                              |                     |               |
|                                                                                  | > 42 days                                     | 2                                               | 1                        | 1                                | 1                              |                     |               |
| <b>Postpartum IUDs (including cesarean, breastfeeding, or non breastfeeding)</b> | < 10 minutes post-placenta delivery           |                                                 |                          |                                  |                                |                     |               |
|                                                                                  | 10 minutes post-placenta delivery to <4 weeks |                                                 |                          |                                  |                                | 2                   | 2             |
|                                                                                  | ≥ 4 weeks                                     |                                                 |                          |                                  |                                | 1                   | 1             |
|                                                                                  | Postpartum sepsis                             |                                                 |                          |                                  |                                | 4                   | 4             |
| <b>Post-abortion (spontaneous or induced)</b>                                    | First trimester                               | 1                                               | 1                        | 1/2 medication abortion          | 1                              | 1                   | 1             |
|                                                                                  | Second trimester                              | 1                                               | 1                        | 1                                | 1                              | 2                   | 2             |
|                                                                                  | Immediately after septic abortion             | 1                                               | 1                        | 1                                | 1                              | 4                   | 4             |
| <b>Rheumatoid arthritis</b>                                                      | On immunosuppression                          | 2                                               | 1                        | 2/3                              | 1                              | 2                   | 2             |
|                                                                                  | Not on immunosuppression                      | 2                                               | 1                        | 2                                | 1                              | 1                   | 1             |
| <b>Sexually transmitted infections</b>                                           | Current GC/chlamydia/ purulent cervicitis     | 1                                               | 1                        | 1                                | 1                              | 4                   | 4             |
|                                                                                  | Vaginitis                                     | 1                                               | 1                        | 1                                | 1                              | 2                   | 2             |
|                                                                                  | Other factors                                 | 1                                               | 1                        | 1                                | 1                              | 2                   | 2             |
| <b>Smoking</b>                                                                   | Age < 35                                      | 2                                               | 1                        | 1                                | 1                              | 1                   | 1             |
|                                                                                  | Age ≥ 35                                      |                                                 |                          |                                  |                                |                     |               |
|                                                                                  | < 15 cigarettes/day                           | 3                                               | 1                        | 1                                | 1                              | 1                   | 1             |
|                                                                                  | ≥ 15 cigarettes/day                           | 4                                               | 1                        | 1                                | 1                              | 1                   | 1             |
| <b>Stroke</b>                                                                    | History                                       | 4                                               | 2                        | 3                                | 2                              | 2                   | 1             |
| <b>Superficial venous thrombosis</b>                                             | Acute or history                              | 3                                               | 1                        | 2                                | 1                              | 1                   | 1             |
| <b>Surgery</b>                                                                   | Major, w/o prolonged immobilization           | 2                                               | 1                        | 1                                | 1                              | 1                   | 1             |
|                                                                                  | Major, w/ prolonged immobilization            | 4                                               | 1                        | 2                                | 1                              | 1                   | 1             |
| <b>Systemic lupus erythematosus</b>                                              | Antiphospholipid Ab + (or unknown)            | 4                                               | 2                        | 3                                | 2                              | 2                   | 1             |
|                                                                                  | Severe thrombocytopenia                       | 2                                               | 2                        | 3                                | 2                              | 2                   | 3             |
|                                                                                  | Immunosuppressive therapy                     | 2                                               | 2                        | 2                                | 2                              | 2                   | 2             |
|                                                                                  | None of the above                             | 2                                               | 2                        | 2                                | 2                              | 2                   | 1             |
| <b>Thrombophilia</b>                                                             |                                               | 4                                               | 2                        | 3                                | 2                              | 2                   | 1             |
| <b>Uterine fibroids</b>                                                          | IUDs ok unless fibroids block insertion       | 1                                               | 1                        | 1                                | 1                              | 2                   | 2             |
| <b>Valvular heart disease</b>                                                    | Uncomplicated                                 | 2                                               | 1                        | 1                                | 1                              | 1                   | 1             |
|                                                                                  | Complicated                                   | 4                                               | 1                        | 2                                | 1                              | 1                   | 1             |
| <b>Vaginal bleeding</b>                                                          | Irregular pattern without heavy bleeding      | 1                                               | 2                        | 2                                | 2                              | 1                   | 1             |
|                                                                                  | Heavy or prolonged bleeding                   | 1                                               | 2                        | 2                                | 2                              | 1                   | 2             |
|                                                                                  | Unexplained vaginal bleeding                  | 2                                               | 2                        | 3                                | 3                              | 4                   | 4             |
| <b>Viral hepatitis</b>                                                           | Acute or flare                                | 3/4                                             | 1                        | 1                                | 1                              | 1                   | 1             |

Other conditions for which initiating any contraceptive options are category "1": benign breast disease, cervical ectropion, endometrial hyperplasia, history of gestational diabetes (diabetes sub-condition), history of pelvic surgery, HIV infection, minor surgery (surgery sub-condition), ovarian cancer, parous (parity sub-condition), seizure disorders (epilepsy), thyroid disorders, varicose veins, and viral hepatitis (chronic).

