

Appendix A

Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use, 2010



Key:

1. 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)

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, patch, ring		Progestin-only pill		Injection		Implant		LNG-IUD		Copper-IUD	
		I	C	I	C	I	C	I	C	I	C	I	C
Age		Menarche to <40=1		Menarche to <18=1		Menarche to <18=2		Menarche to <18=1		Menarche to <20=2		Menarche to <20=2	
		≥40=2		18-45=1		18-45=1		18-45=1		≥20=1		≥20=1	
				>45=1		>45=2		>45=1					
Anatomic abnormalities	a) Distorted uterine cavity									4		4	
	b) Other abnormalities									2		2	
Anemias	a) Thalassemia	1		1		1		1		1		2	
	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 (see also Postpartum)	a) < 1 month postpartum	3*		2*		2*		2*					
	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	

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C
Cirrhosis	a) Mild (compensated)	1		1		1		1		1		1	
	b) Severe† (decompensated)	4		3		3		3		3		1	
DVT/PE	a) History of DVT/PE, not on anticoagulant therapy												
	i) higher risk for recurrent DVT/PE	4		2		2		2		2		1	
	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*		

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C
Diabetes mellitus	a) History of gestational diabetes mellitus only	1		1		1		1		1		1	
	b) Non-vascular disease												
	(i) non-insulin dependent	2		2		2		2		2		1	
	(ii) insulin dependent†	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*		2		3		2		2		1	
Endometrial cancer†		1		1		1		1		4 2		4 2	
Endometrial hyperplasia		1		1		1		1		1		1	
Endometriosis		1		1		1		1		1		2	
Epilepsy†	(see also Drug Interactions)	1*		1*		1*		1*		1		1	
Gallbladder disease	a) Symptomatic												
	(i) treated by cholecystectomy	2		2		2		2		2		1	
	(ii) medically treated	3		2		2		2		2		1	
	(iii) current	3		2		2		2		2		1	
	b) Asymptomatic	2		2		2		2		2		1	
Gestational trophoblastic disease	a) Decreasing or undetectable β -hCG levels	1		1		1		1		3		3	
	b) Persistently elevated β -hCG levels or malignant disease†	1		1		1		1		4		4	
Headaches	a) Non-migrainous	1*	2*	1*	1*	1*	1*	1*	1*	1*	1*	1*	
	b) Migraine												
	i) without aura, age <35	2*	3*	1*	2*	2*	2*	2*	2*	2*	2*	1*	
	ii) without aura, age \geq 35	3*	4*	1*	2*	2*	2*	2*	2*	2*	2*	1*	
	iii) with aura, any age	4*	4*	2*	3*	2*	3*	2*	3*	2*	3*	1*	

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C	
History of bariatric surgery [†]	a) Restrictive procedures	1		1		1		1		1		1		
	b) Malabsorptive procedures	COCs: 3 P/R: 1		3		1		1		1		1		
History of cholestasis	a) Pregnancy-related	2		1		1		1		1		1		
	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		
	HIV infected (see also Drug Interactions) [†]	1*		1*		1*		1*		2		2		
	AIDS (see also Drug Interactions) [†]	1*		1*		1*		1*		3		2*		
	Clinically well on therapy	If on treatment, see Drug Interactions										2		2
Hyperlipidemias		2/3*		2*		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		2		1		
	c) Vascular disease	4		2		3		2		2		1		
Inflammatory bowel disease	(Ulcerative colitis, Crohn's disease)	2/3*		2		2		1		1		1		
Ischemic heart disease [†]	Current and history of	4		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		
	b) Malignant [†]	4		3		3		3		3		1		
Malaria		1		1		1		1		1		1		

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C
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/m ² BMI	2		1		1		1		1		1	
	b) Menarche to <18 years and ≥ 30 kg/m ² BMI	2		1		2		1		1		1	
Ovarian cancer [†]		1		1		1		1		1		1	
Parity	a) Nulliparous	1		1		1		1		2		2	
	b) Parous	1		1		1		1		1		1	
Past ectopic pregnancy		1		2		1		1		1		1	
Pelvic inflammatory disease	a) Past, (assuming no current risk factors of STIs)												
	(i) with subsequent pregnancy	1		1		1		1		1		1	
	(ii) without subsequent pregnancy	1		1		1		1		2		2	
	b) Current	1		1		1		1		4		2*	
Peripartum cardiomyopathy [†]	a) Normal or mildly impaired cardiac function												
	(i) <6 months	4		1		1		1		2		2	
	(ii) ≥ 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 abortion	1*		1*		1*		1*		4		4	
Postpartum (see also Breastfeeding)	a) <21 days	4		1		1		1					
	b) 21 days to 42 days												
	(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					

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C
Postpartum (in breastfeeding or non-breastfeeding women, including post-cesarean section)	a) <10 minutes after delivery of the placenta									2			1
	b) 10 minutes after delivery of the placenta to < 4 weeks									2			2
	c) ≥4 weeks									1			1
	d) Puerperal sepsis									4			4
Pregnancy		NA*		NA*		NA*		NA*		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	
STIs	a) Current purulent cervicitis or chlamydial infection or gonorrhea	1		1		1		1		4	2*	4	2*
	b) Other STIs (excluding HIV and hepatitis)	1		1		1		1		2	2	2	2
	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
Smoking	a) Age <35	2		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 transplantation [†]	a) Complicated	4		2		2		2		3	2	3	2
	b) Uncomplicated	2*		2		2		2		2		2	
Stroke [†]	History of cerebrovascular accident	4		2	3	3		2	3	2		1	

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C
Superficial venous thrombosis	a) Varicose veins	1		1		1		1		1		1	
	b) Superficial thrombophlebitis	2		1		1		1		1		1	
Systemic lupus 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		1	1
Thrombogenic mutations [†]		4*		2*		2*		2*		2*		1*	
Thyroid disorders	Simple goiter/hyperthyroid/hypothyroid	1		1		1		1		1		1	
Tuberculosis [†] (see also Drug Interactions)	a) Non-pelvic	1*		1*		1*		1*		1		1	
	b) Pelvic	1*		1*		1*		1*		4	3	4	3
Unexplained vaginal bleeding	(suspicious for serious condition) before evaluation	2*		2*		3*		3*		4*	2*	4*	2*
Uterine fibroids		1		1		1		1		2		2	
Valvular heart disease	a) Uncomplicated	2		1		1		1		1		1	
	b) Complicated [†]	4		1		1		1		1		1	
Vaginal bleeding patterns	a) Irregular pattern without heavy bleeding	1		2		2		2		1	1	1	
	b) Heavy or prolonged bleeding	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	

See table footnotes on page 54.

Appendix A (Continued)

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		I	C	I	C	I	C	I	C	I	C	I	C
Drug Interactions													
Antiretroviral therapy	a) Nucleoside reverse transcriptase inhibitors	1*		1		1		1		2/3*		2*	
	b) Non-nucleoside reverse transcriptase inhibitors	2*		2*		1		2*		2/3*		2*	
	c) Ritonavir-boosted protease inhibitors	3*		3*		1		2*		2/3*		2*	
Anticonvulsant therapy	a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3*		3*		1		2*		1		1	
	b) Lamotrigine	3*		1		1		1		1		1	
Antimicrobial therapy	a) Broad spectrum antibiotics	1		1		1		1		1		1	
	b) Antifungals	1		1		1		1		1		1	
	c) Antiparasitics	1		1		1		1		1		1	
	d) Rifampicin or rifabutin therapy	3*		3*		1		2*		1		1	

Abbreviations: AIDS = acquired immunodeficiency syndrome; BMI = body mass index; C = continuation of contraceptive method; COC = combined oral contraceptive; Cu-IUD = copper-containing intrauterine device; DVT = deep venous thrombosis; hCG = human chorionic gonadotropin; HIV = human immunodeficiency virus; I = initiation of contraceptive method; LNG-IUD = levonorgestrel-releasing intrauterine device; NA = not applicable; PE = pulmonary embolism; STI = sexually transmitted infection; VTE = venous thromboembolism.

Source: Modified from CDC. Summary chart of U.S. medical eligibility criteria for contraceptive use. Atlanta, GA: CDC; 2012. (Available at <http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/USMEC.htm>.)

* 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.