# HHS logoCDC logoSummary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use

|  |
| --- |
| 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** |  |  |
| Anatomicabnormalities  | 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** |
| Cirrhosis | a) Mild (compensated) | **1** | **1** | **1** | **1** | **1** | **1** |
|  | b) Severe‡ (decompensated) | **4** | **3** | **3** | **3** | **3** | **1** |
| Deep venous thrombosis (DVT) /Pulmonary embolism (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\*** | **1\*** |
| Diabetes mellitus (DM)  | a) History of gestational DM only | **1** | **1** | **1** | **1** | **1** | **1** |
| b) Non-vascular disease |  |  |  |  |  |  |
| Diabetes mellitus (cont.) | (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 orundetectable ß-hCG levels | **1** | **1** | **1** | **1** | **3** | **3** |
| b) Persistently elevatedß-hCG levels ormalignant 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 >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\*** |
| History of bariatric surgery‡ | a) Restrictive procedures | **1** | **1** | **1** | **1** | **1** | **1** |
| b) Malabsorptive procedures | **COCs: 3** | **3** | **1** | **1** | **1** | **1** |
| **P/R: 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** |
| HIV infected (see also Drug Interactions)‡ | **1\*** | **1\*** | **1\*** | **1\*** | **2** | **2** | **2** | **2** |
| AIDS (see also Drug Interactions)‡ | **1\*** | **1\*** | **1\*** | **1\*** | **3** | **2\*** | **3** | **2\*** |
| Clinically well on therapy | **If on treatment, see Drug Interactions** | **2** | **2** | **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** | **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** |
|  | b) Malignant‡ | **4** | **3** | **3** | **3** | **3** | **1** |
| Malaria |  | **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** |
|  | 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** | **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 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** |  |  |
| Postpartum (in breastfeeding or non-breastfeeding women, includingpost-cesareansection) | 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** |
| Sexually transmitted infections (STIs)Sexually transmitted infections (cont.) | 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** |
| Superficial venousthrombosis | 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 bleedingpatterns | 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** |
| **Drug Interactions** |
| Antiretroviral therapy  | a) Nucleoside reversetranscriptase inhibitors | **1\*** | **1** | **1** | **1** | **2/3\*** | **2\*** | **2/3\*** | **2\*** |
|  | b) Non-nucleoside reversetranscriptase inhibitors | **2\*** | **2\*** | **1** | **2\*** | **2/3\*** | **2\*** | **2/3\*** | **2\*** |
|  | c) Ritonavir-boosted proteaseinhibitors  | **3\*** | **3\*** | **1** | **2\*** | **2/3\*** | **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** |

##### 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.