

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

Condition	Sub-Condition	CHC		POP		Injection		Implant		LNG-IUD		Cu-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	1	1	1	1	2		
	b) Sickle cell disease [†]	2	1	1	1	1	1	1	1	1	2		
	c) Iron-deficiency anemia	1	1	1	1	1	1	1	1	1	2		
Benign ovarian tumors	(including cysts)	1	1	1	1	1	1	1	1	1	1		
Breast disease	a) Undiagnosed mass	2*	2*	2*	2*	2*	2*	2	2	1	1		
	b) Benign breast disease	1	1	1	1	1	1	1	1	1	1		
	c) Family history of cancer	1	1	1	1	1	1	1	1	1	1		
	d) Breast cancer [†]												
	i) current	4	4	4	4	4	4	4	4	4	1		
	ii) past and no evidence of current disease for 5 years	3	3	3	3	3	3	3	3	3	1		
Breastfeeding (see also Postpartum)	a) <1 month postpartum	3*	2*	2*	2*	2*	2*						
	b) 1 month or more postpartum	2*	1*	1*	1*	1*	1*						
Cervical cancer	Awaiting treatment	2	1	2	2	2	2	4	2	4	2		
Cervical ectropion		1	1	1	1	1	1	1	1	1	1		
Cervical intraepithelial neoplasia		2	1	2	2	2	2	2	2	2	1		
Cirrhosis	a) Mild (compensated)	1	1	1	1	1	1	1	1	1	1		
	b) Severe [‡] (decompensated)	4	3	3	3	3	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	2	2	2	2	1		
	ii) lower risk for recurrent DVT/PE	3	2	2	2	2	2	2	2	2	1		
	b) Acute DVT/PE	4	2	2	2	2	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	2	2	2	2		
	ii) lower risk for recurrent DVT/PE	3*	2	2	2	2	2	2	2	2	2		
	d) Family history (first-degree relatives)	2	1	1	1	1	1	1	1	1	1		
	e) Major surgery												
	i) with prolonged immobilization	4	2	2	2	2	2	2	2	2	1		
ii) without prolonged immobilization	2	1	1	1	1	1	1	1	1	1			
f) Minor surgery without immobilization	1	1	1	1	1	1	1	1	1	1			
Depressive disorders		1*	1*	1*	1*	1*	1*	1*	1*	1*	1*		
Diabetes mellitus (DM)	a) History of gestational DM only	1	1	1	1	1	1	1	1	1	1		
	b) Non-vascular disease												
	i) non-insulin dependent	2	2	2	2	2	2	2	2	2	1		
	ii) insulin dependent [†]	2	2	2	2	2	2	2	2	2	1		
	c) Nephropathy/retinopathy/neuropathy [†]	3/4*	2	3	2	2	2	2	2	1			
	d) Other vascular disease or diabetes of >20 years' duration [†]	3/4*	2	3	2	2	2	2	2	1			

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		I	C	I	C	I	C	I	C	I	C	I	C
Endometrial cancer [‡]		1	1	1	1	1	1	1	1	4	2	4	2
Endometrial hyperplasia		1	1	1	1	1	1	1	1	1	1	1	1
Endometriosis		1	1	1	1	1	1	1	1	1	1	2	
Epilepsy [†]	(see also Drug Interactions)	1*	1*	1*	1*	1*	1*	1*	1*	1	1	1	1
Gallbladder disease	a) Symptomatic												
	i) treated by cholecystectomy	2	2	2	2	2	2	2	2	2	2	1	1
	ii) medically treated	3	2	2	2	2	2	2	2	2	2	1	1
	iii) current	3	2	2	2	2	2	2	2	2	2	1	1
	b) Asymptomatic	2	2	2	2	2	2	2	2	2	2	1	1
Gestational trophoblastic disease	a) Decreasing or undetectable β-hCG levels	1	1	1	1	1	1	1	1	3	3	3	3
	b) Persistently elevated β-hCG levels or malignant disease [‡]	1	1	1	1	1	1	1	1	4	4	4	4
Headaches	a) Non-migrainous	1*	2*	1*	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*	2*	1*
	ii) without aura, age ≥35	3*	4*	1*	2*	2*	2*	2*	2*	2*	2*	2*	1*
	iii) with aura, any age	4*	4*	2*	3*	2*	3*	2*	3*	2*	3*	2*	1*
History of bariatric surgery [†]	a) Restrictive procedures	1	1	1	1	1	1	1	1	1	1	1	1
	b) Malabsorptive procedures	COCs: 3 P/R: 1		3	1	1	1	1	1	1	1	1	1
History of cholestasis	a) Pregnancy-related	2	1	1	1	1	1	1	1	1	1	1	1
	b) Past COC-related	3	2	2	2	2	2	2	2	2	2	1	1
History of high blood pressure during pregnancy		2	1	1	1	1	1	1	1	1	1	1	
History of pelvic surgery		1	1	1	1	1	1	1	1	1	1	1	
Human immunodeficiency virus (HIV)	High risk	1	1	1*	1	1	2	2	2	2	2	2	2
	HIV infected (see also Drug Interactions) [†]	1*	1*	1*	1*	1*	2	2	2	2	2	2	2
	AIDS (see also Drug Interactions) [†]	1*	1*	1*	1*	1*	3	2*	3	2*	3	2*	2*
	Clinically well on therapy	If on treatment, see Drug Interactions								2	2	2	2
Hyperlipidemias		2/3*		2*	2*	2*	2*	2*	2*	2*	1*	1*	1*
Hypertension	a) Adequately controlled hypertension	3*	1*	2*	1*	1	1	1	1	1	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	1	1	1	1	1	1
	ii) systolic ≥160 or diastolic ≥100 [‡]	4	2	3	2	2	2	2	2	2	1	1	1
	c) Vascular disease	4	2	3	2	2	2	2	2	2	1	1	1
Inflammatory bowel disease	(Ulcerative colitis, Crohn's disease)	2/3*	2	2	2	2	2	2	2	1	1	1	

Abbreviations: C=continuation of contraceptive method; CHC=combined hormonal contraceptive (pill, patch, and ring); COC=combined oral contraceptive; Cu-IUD=copper-containing intrauterine device; I=initiation of contraceptive method; LNG-IUD=levonorgestrel-releasing intrauterine device; NA=not applicable; POP=progestin-only pill; P/R=patch/ring.

Legend:

1	No restriction (method can be used)	3	Theoretical or proven risks usually outweigh the advantages
2	Advantages generally outweigh theoretical or proven risks	4	Unacceptable health risk (method not to be used)

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		I	C	I	C	I	C	I	C	I	C	I	C
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/m ² body mass index (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 sexually transmitted infections [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 venous thromboembolism (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, 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	
	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	

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		I	C	I	C	I	C	I	C	I	C	I	C
Sexually Transmitted Infections (STI)	a) Current purulent cervicitis or chlamydial infection or gonorrhea	1		1		1		1		4		2*	
	b) Other STIs (excluding HIV and hepatitis)	1		1		1		1		2		2	
	c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1		1		1		1		2		2	
	d) Increased risk of STIs	1		1		1		1		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	
	b) Uncomplicated	2*		2		2		2		2		2	
Stroke [‡]	History of cerebrovascular accident	4		2		3		3		2		3	
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	
	b) Severe thrombocytopenia	2		2		3		2		2		2*	
	c) Immunosuppressive treatment	2		2		2		2		2		2	
	d) None of the above	2		2		2		2		2		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	
Unexplained vaginal bleeding	(suspicious for serious condition) before evaluation	2*		2*		3*		3*		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	
	b) Heavy or prolonged bleeding	1*		2*		2*		2*		1*		2*	
Viral hepatitis	a) Acute or flare	3/4*		2		1		1		1		1	
	b) Carrier/Chronic	1		1		1		1		1		1	
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	

*Please see the complete guidance for a clarification to this classification. ‡Condition that exposes a woman to increased risk as a result of unintended pregnancy. Updated June 2012.

This summary sheet only contains a subset of the recommendations from the U.S. Medical Eligibility Criteria for Contraceptive Use, 2010. For complete guidance, see: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm>.