

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 www.who.int/reproductive-health/publications/mec/mec.pdf

Condition	Qualifier for condition	Estrogen/ progestin: pill, patch, ring	Progestin- only: pill	Progestin- only: injection	Progestin- only: implant	Progestin IUD	Copper IUD
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
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	Cervical intraepithelial neoplasia	2	1	2	2	2	1
	Awaiting treatment	2	1	2	2	4	4
Cervical ectropion		1	1	1	1	1	1
Depression		1	1	1	1	1	1
Diabetes mellitus (DM)	History of gestational DM only	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	2	2	2	2	2	2
	Certain anticonvulsants	3	3	2	3	1	1
	Griseofulvin	2	2	1	2	1	1
	Rifampin	3	3	2	3	1	1
	ALL OTHER ANTIBIOTICS	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	2	2	2	2	2	1
	Symptomatic gallstones, without cholecystectomy	3	2	2	2	2	1
	Gallstones treated with cholecystectomy	2	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, age < 35	2	1	2	2	2	1
	Without aura, age > 35	3	1	2	2	2	1
	With aura, any age	4	2	2	2	2	1
HIV infection	High risk	1	1	1	1	2	2
	HIV infected	1	1	1	1	2	2
	AIDS (without drug interactions)	1	1	1	1	3	3

Condition	Qualifier for condition	Estrogen/ progestin: pill, patch, ring	Progestin- only: pill	Progestin- only: injection	Progestin- only: implant	Progestin IUD	Copper IUD
Hypertension	During prior pregnancy only – now resolved	2	1	1	1	1	1
	Well 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	4	2	3	2	2	1
	With vascular disease	4	2	3	2	2	1
Ischemic heart disease	Past or current	4	2	3	2	2	1
Liver Disease	Cirrhosis–mild	3	2	2	2	2	1
	Cirrhosis–severe	4	3	3	3	3	1
	Tumors–benign	4	3	3	3	3	1
	Tumors–malignant	4	3	3	3	3	1
	Viral hepatitis–carrier	1	1	1	1	1	1
	Viral hepatitis–active	4	3	3	3	3	1
Obesity	BMI > 30 kg/meter squared	2	1	1	1	1	1
Ovarian cancer		1	1	1	1	3	3
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	< 48 hours	3	1	1	1	3	2
	2-21 days	3	1	1	1	3	3
	3-4 weeks	1	1	1	1	3	3
	> 4 weeks	1	1	1	1	1	1
Postpartum, & breastfeeding	< 6 weeks postpartum	4	3	3	3	See above	See above
	6 weeks – 6 months postpartum	3	1	1	1	1	1
	> 6 months postpartum	2	1	1	1	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
Sexually Transmitted Infections	Vaginitis	1	1	1	1	2	2
	High risk	1	1	1	1	3	3
	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		4	2	3	2	2	1
Surgery	Minor, without prolonged immobilization	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
Thyroid disorders	Simple goiter, hyperthyroidism, hypothyroidism	1	1	1	1	1	1
Uterine fibroids	Without distortion of uterine cavity	1	1	1	1	1	1
	With distortion of uterine cavity	1	1	1	1	4	4
Valvular heart disease	Uncomplicated	2	1	1	1	1	1
	Complicated	4	1	1	1	2	2
Varicose veins		1	1	1	1	1	1
Venous thrombosis	Family history (1st-degree relatives)	2	1	1	1	1	1
	Superficial thrombophlebitis	2	1	1	1	1	1
	Past DVT	4	2	2	2	2	1
	Current DVT	4	3	3	3	3	1