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Contraception

| Myths | Reality |
|---|---|
| Combined OCP causes cancer | OCP use protects against ovarian and endometrial cancer. It does not cause breast cancer. |
| Menstruating is healthy and necessary | Continuous OCP use is safe and decreases risk of unplanned pregnancy. |
| Nulliparous women, teens and those with multiple partners should not use IUDs | Both copper and LNG-IUC are safe and effective choices. Consider emphasis on barrier method (such as condom) use in addition, for STI protection. |

Management Plan:

| Patient Context | Guidance |
|---|---|
| <6 weeks postpartum or Breast Feeding | Recommend non-estrogen methods: IUD (copper, LNG-IUC*), DMPA*, or progesterone-only ("mini") pill. - Avoid combined OCP, patch and Nuvaring. - Note: Estrogen-based methods can be used after 6 weeks postpartum. |
| Women > 35 y.o. who smoke | |
| PMHx of VTE, MI, Stroke, Migraines, HTN, hypercholesterolemia, or DM with complications | |
| Obesity | |
| Acne | Combined OCP, especially with low androgen effect. With severe acne, try OCP with cyproterone acetate. |
| Decreased Bone Mineral Density | Avoid DMPA** |
| Breast Cancer (Active), HIV | Copper IUD |
| Current PID or active mucopurulent cervicitis | Contraindication to IUD and LNG-IUC*. OK to use following treatment and resolution. |

* LNG-IUC = levonogestrel releasing intrauterine contraceptive (Mirena)

** DMPA = depo-medroxyprogesterone acetate

Troubleshooting: Missed Combined Hormonal Contraception

| | |
|---|--|
| Miss 1 Day: | Resume method immediately + back-up (see below) |
| Miss 2 Days: (instruct how to reach a health care expert to discuss ¹ ; website below) | |
| Week 1, 2, or continuous use | Resume method immediately and use back-up method (below). If using OCP: Take 2 pills immediately & 2 tomorrow |
| Week 3 | Start new pack immediately and use back-up method (below). |
| Back-Up: Condoms and spermicide, or other (see website below). | |

Emergency Contraception After Unprotected Intercourse

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|--|--|
| Within First 5 Days: | ↑ efficacy with earlier intervention |
| Emergency Contraceptive Pill ("Plan B" or "Norlevo") 2 tabs LNG 0.75mg ASAP. | This methods has fewer GI side effects; 85% effective to prevent ovulation |
| Yuzpe Method (100ug EE & 0.5mg LNG PO q12h x 2 doses) | - Can prescribe any combined OCP in equivalent dose. Suggest anti-emetics. |
| Within First 7 Days: | |
| Copper IUD (nearly 100% effective, and provides ongoing contraception) | |

Visit www.sexualityandu.ca for outstanding patient and physician contraception education resources.