

## UKMEC SUMMARY TABLE HORMONAL AND INTRAUTERINE CONTRACEPTION

Cu-IUD = Copper-bearing intrauterine device; LNG-IUS = Levonorgestrel-releasing intrauterine system; IMP = Progestogen-only implant; DMPA = Progestogen-only injectable: depot medroxyprogesterone acetate; POP = Progestogen-only pill; CHC = Combined hormonal contraception

| CONDITION  | Cu-IUD                   | LNG-IUS                  | IMP               | DMPA                              | POP               | CHC                      |
|--|--------------------------|--------------------------|-------------------|-----------------------------------|-------------------|--------------------------|
| I = Initiation, C = Continuation                         |                          |                          |                   |                                   |                   |                          |
| <b>PERSONAL CHARACTERISTICS AND REPRODUCTIVE HISTORY</b> |                          |                          |                   |                                   |                   |                          |
| <b>Pregnancy</b>   | NA                       | NA                       | NA                | NA                                | NA                | NA                       |
| <b>Age</b>   | Menarche to <20=2, ≥20=1 | Menarche to <20=2, ≥20=1 | After menarche =1 | Menarche to <18=2, 18-45=1, >45=2 | After menarche =1 | Menarche to <40=1, ≥40=2 |
| <b>Parity</b>  |                          |                          |                   |                                   |                   |                          |
| a) Nulliparous   | 1                        | 1                        | 1                 | 1                                 | 1                 | 1                        |
| b) Parous  | 1                        | 1                        | 1                 | 1                                 | 1                 | 1                        |
| <b>Breastfeeding</b>                                     |                          |                          |                   |                                   |                   |                          |
| a) 0 to <6 weeks postpartum                              | <b>See below</b>         |                          | 1                 | 2                                 | 1                 | 4                        |
| b) ≥6 weeks to <6 months (primarily breastfeeding)       |                          |                          | 1                 | 1                                 | 1                 | 2                        |
| c) ≥6 months postpartum                                  |                          |                          | 1                 | 1                                 | 1                 | 1                        |
| <b>Postpartum (in non-breastfeeding women)</b>           |                          |                          |                   |                                   |                   |                          |
| a) 0 to <3 weeks   |                          |                          |                   |                                   |                   |                          |
| (i) With other risk factors for VTE                      | <b>See below</b>         |                          | 1                 | 2                                 | 1                 | 4                        |
| (ii) Without other risk factors                          |                          |                          | 1                 | 2                                 | 1                 | 3                        |
| b) 3 to <6 weeks   |                          |                          |                   |                                   |                   |                          |
| (i) With other risk factors for VTE                      | <b>See below</b>         |                          | 1                 | 2                                 | 1                 | 3                        |
| (ii) Without other risk factors                          |                          |                          | 1                 | 1                                 | 1                 | 2                        |
| c) ≥6 weeks  |                          |                          | 1                 | 1                                 | 1                 | 1                        |

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|   |   |   |                  |   |   |   |
|---|---|---|------------------|---|---|---|
| <b>Postpartum</b> (in breastfeeding or non-breastfeeding women, including post-caesarean section) |   |   |                  |   |   |   |
| a) 0 to <48 hours   | 1 | 1 | <b>See above</b> |   |   |   |
| b) 48 hours to <4 weeks   | 3 | 3 |                  |   |   |   |
| c) ≥4 weeks   | 1 | 1 |                  |   |   |   |
| d) Postpartum sepsis  | 4 | 4 |                  |   |   |   |
| <b>Post-abortion</b>  |   |   |                  |   |   |   |
| a) First trimester  | 1 | 1 | 1                | 1 | 1 | 1 |
| b) Second trimester   | 2 | 2 | 1                | 1 | 1 | 1 |
| c) Post-abortion sepsis   | 4 | 4 | 1                | 1 | 1 | 1 |
| <b>Past ectopic pregnancy</b>   | 1 | 1 | 1                | 1 | 1 | 1 |
| <b>History of pelvic surgery</b>  | 1 | 1 | 1                | 1 | 1 | 1 |
| <b>Smoking</b>  |   |   |                  |   |   |   |
| a) Age <35 years  | 1 | 1 | 1                | 1 | 1 | 2 |
| b) Age ≥35 years  |   |   |                  |   |   |   |
| (i) <15 cigarettes/day  | 1 | 1 | 1                | 1 | 1 | 3 |
| (ii) ≥15 cigarettes/day   | 1 | 1 | 1                | 1 | 1 | 4 |
| (iii) Stopped smoking <1 year   | 1 | 1 | 1                | 1 | 1 | 3 |
| (iv) Stopped smoking ≥1 year  | 1 | 1 | 1                | 1 | 1 | 2 |
| <b>Obesity</b>  |   |   |                  |   |   |   |
| a) BMI ≥30–34 kg/m <sup>2</sup>   | 1 | 1 | 1                | 1 | 1 | 2 |
| b) BMI ≥35 kg/m <sup>2</sup>  | 1 | 1 | 1                | 1 | 1 | 3 |

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|  |          |          |          |          |          |   |          |          |   |
|--|----------|----------|----------|----------|----------|---|----------|----------|---|
| <b>History of bariatric surgery</b>  |          |          |          |          |          |   |          |          |   |
| a) With BMI <30 kg/m <sup>2</sup>  | 1        | 1        | 1        | 1        | 1        | 1 |          |          |   |
| b) With BMI ≥30–34 kg/m <sup>2</sup>   | 1        | 1        | 1        | 1        | 1        | 2 |          |          |   |
| c) With BMI ≥35 kg/m <sup>2</sup>  | 1        | 1        | 1        | 1        | 1        | 3 |          |          |   |
| <b>Organ transplant</b>  |          |          |          |          |          |   |          |          |   |
| a) Complicated: graft failure (acute or chronic), rejection, cardiac allograft vasculopathy                | <b>I</b> | <b>C</b> | <b>I</b> | <b>C</b> | 2        | 2 | 2        | 3        |   |
|  | 3        | 2        | 3        | 2        |          |   |          |          |   |
| b) Uncomplicated   | 2        | 2        | 2        | 2        | 2        | 2 | 2        |          |   |
| <b>CARDIOVASCULAR DISEASE (CVD)</b>  |          |          |          |          |          |   |          |          |   |
| <b>Multiple risk factors for CVD</b> (such as smoking, diabetes, hypertension, obesity and dyslipidaemias) | 1        | 2        | 2        | 3        | 2        | 3 |          |          |   |
| <b>Hypertension</b>  |          |          |          |          |          |   |          |          |   |
| a) Adequately controlled hypertension  | 1        | 1        | 1        | 2        | 1        | 3 |          |          |   |
| b) Consistently elevated BP levels (properly taken measurements)   |          |          |          |          |          |   |          |          |   |
| (i) Systolic >140–159 mmHg or diastolic >90–99 mmHg  | 1        | 1        | 1        | 1        | 1        | 3 |          |          |   |
| (ii) Systolic ≥160 mmHg or diastolic ≥100 mmHg   | 1        | 1        | 1        | 2        | 1        | 4 |          |          |   |
| c) Vascular disease  | 1        | 2        | 2        | 3        | 2        | 4 |          |          |   |
| <b>History of high BP during pregnancy</b>   |          |          |          |          |          |   |          |          |   |
|  | 1        | 1        | 1        | 1        | 1        | 2 |          |          |   |
| <b>Current and history of ischaemic heart disease</b>  |          |          |          |          |          |   |          |          |   |
|  | 1        | <b>I</b> | <b>C</b> | <b>I</b> | <b>C</b> | 3 | <b>I</b> | <b>C</b> | 4 |
|  |          | 2        | 3        | 2        | 3        |   | 2        | 3        |   |
| <b>Stroke</b> (history of cerebrovascular accident, including TIA)   |          |          |          |          |          |   |          |          |   |
|  | 1        | <b>I</b> | <b>C</b> | <b>I</b> | <b>C</b> | 3 | <b>I</b> | <b>C</b> | 4 |
|  |          | 2        | 3        | 2        | 3        |   | 2        | 3        |   |
| <b>Known dyslipidaemias</b>  |          |          |          |          |          |   |          |          |   |
|  | 1        | 2        | 2        | 2        | 2        | 2 |          |          |   |

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|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| <b>Venous thromboembolism (VTE)</b>  |   |   |   |   |   |   |
| a) History of VTE  | 1 | 2 | 2 | 2 | 2 | 4 |
| b) Current VTE (on anticoagulants)   | 1 | 2 | 2 | 2 | 2 | 4 |
| c) Family history of VTE   |   |   |   |   |   |   |
| (i) First-degree relative age <45 years  | 1 | 1 | 1 | 1 | 1 | 3 |
| (ii) First-degree relative age ≥45 years   | 1 | 1 | 1 | 1 | 1 | 2 |
| d) Major surgery   |   |   |   |   |   |   |
| (i) With prolonged immobilisation  | 1 | 2 | 2 | 2 | 2 | 4 |
| (ii) Without prolonged immobilisation  | 1 | 1 | 1 | 1 | 1 | 2 |
| e) Minor surgery without immobilisation  | 1 | 1 | 1 | 1 | 1 | 1 |
| f) Immobility (unrelated to surgery) (e.g. wheelchair use, debilitating illness)   | 1 | 1 | 1 | 1 | 1 | 3 |
| <b>Superficial venous thrombosis</b>   |   |   |   |   |   |   |
| a) Varicose veins  | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Superficial venous thrombosis   | 1 | 1 | 1 | 1 | 1 | 2 |
| <b>Known thrombogenic mutations (e.g. factor V Leiden, prothrombin mutation, protein S, protein C and antithrombin deficiencies)</b> | 1 | 2 | 2 | 2 | 2 | 4 |

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|--|---|---|---|---|---|---|
| <b>Valvular and congenital heart disease</b>   |   |   |   |   |   |   |
| a) Uncomplicated   | 1 | 1 | 1 | 1 | 1 | 2 |
| b) Complicated (e.g. pulmonary hypertension, history of subacute bacterial endocarditis) | 2 | 2 | 1 | 1 | 1 | 4 |
| <b>Cardiomyopathy</b>  |   |   |   |   |   |   |
| a) Normal cardiac function   | 1 | 1 | 1 | 1 | 1 | 2 |
| b) Impaired cardiac function   | 2 | 2 | 2 | 2 | 2 | 4 |
| <b>Cardiac arrhythmias</b>   |   |   |   |   |   |   |
| a) Atrial fibrillation   | 1 | 2 | 2 | 2 | 2 | 4 |
| b) Known long QT syndrome  | I | C | I | C | 1 | 2 |
|  | 3 | 1 | 3 | 1 |   |   |
| <b>NEUROLOGICAL CONDITIONS</b>   |   |   |   |   |   |   |
| <b>Headaches</b>   |   |   |   |   |   |   |
| a) Non-migrainous (mild or severe)   | 1 | 1 | 1 | 1 | 1 | I |
|  |   |   |   |   |   | 1 |
| b) Migraine without aura, at any age   | 1 | 2 | 2 | 2 | 2 | I |
|  |   |   |   |   |   | 1 |
| c) Migraine with aura, at any age  | 1 | 2 | 2 | 2 | 2 | 4 |
| d) History (≥5 years ago) of migraine with aura, any age                                 | 1 | 2 | 2 | 2 | 2 | 3 |

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| Idiopathic intracranial hypertension (IIH)  | 1  | 1       | 1   | 1    | 1   | 2   |
| Epilepsy  | 1  | 1       | 1   | 1    | 1   | 1   |
| Taking anti-epileptic drugs   | <p>Certain anti-epileptic drugs have the potential to affect the bioavailability of steroid hormones in hormonal contraception.</p> <p>For up-to-date information on the potential drug interactions between hormonal contraception and anti-epileptic drugs, please refer to the online drug interaction checker available on Stockley's Interaction Checker website (<a href="https://www.medicinescomplete.com/mc/alerts/current/drug-interactions.htm">https://www.medicinescomplete.com/mc/alerts/current/drug-interactions.htm</a>).</p> |         |     |      |     |     |
| DEPRESSIVE DISORDERS  |  |         |     |      |     |     |
| Depressive disorders  | 1  | 1       | 1   | 1    | 1   | 1   |
| BREAST AND REPRODUCTIVE TRACT CONDITIONS  |  |         |     |      |     |     |
| Vaginal bleeding patterns   |  |         |     |      |     |     |
| a) Irregular pattern without heavy bleeding                                       | 1  | 1       | 2   | 2    | 2   | 1   |
| b) Heavy or prolonged bleeding (includes regular and irregular patterns)          | 2  | I       | C   | 2    | 2   | 1   |
|   |  | 1       | 2   |      |     |     |
| Unexplained vaginal bleeding (suspicious for serious condition) before evaluation | I  | C       | I   | C    | 3   | 2   |
|   | 4  | 2       | 4   | 2    |     |     |
| Endometriosis   | 2  | 1       | 1   | 1    | 1   | 1   |
| Benign ovarian tumours (including cysts)  | 1  | 1       | 1   | 1    | 1   | 1   |
| Severe dysmenorrhoea  | 2  | 1       | 1   | 1    | 1   | 1   |
| Gestational trophoblastic disease (GTD)   |  |         |     |      |     |     |
| a) Undetectable hCG levels  | 1  | 1       | 1   | 1    | 1   | 1   |
| b) Decreasing hCG levels  | 3  | 3       | 1   | 1    | 1   | 1   |
| c) Persistently elevated hCG levels or malignant disease                          | 4  | 4       | 1   | 1    | 1   | 1   |

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| <b>Cervical ectropion</b>  | 1                                | 1             | 1             | 1             | 1   | 1             |               |   |
| <b>Cervical intraepithelial neoplasia (CIN)</b>                                      | 1                                | 2             | 1             | 2             | 1   | 2             |               |   |
| <b>Cervical cancer</b>   |                                  |               |               |               |     |               |               |   |
| a) Awaiting treatment  | <b>I</b><br>4                    | <b>C</b><br>2 | <b>I</b><br>4 | <b>C</b><br>2 | 2   | 2             | 1             | 2 |
| b) Radical trachelectomy   | 3                                | 3             | 2             | 2             | 1   | 2             |               |   |
| <b>Breast conditions</b>   |                                  |               |               |               |     |               |               |   |
| a) Undiagnosed mass/breast symptoms  | 1                                | 2             | 2             | 2             | 2   | <b>I</b><br>3 | <b>C</b><br>2 |   |
| b) Benign breast conditions  | 1                                | 1             | 1             | 1             | 1   | 1             |               |   |
| c) Family history of breast cancer   | 1                                | 1             | 1             | 1             | 1   | 1             |               |   |
| d) Carriers of known gene mutations associated with breast cancer (e.g. BRCA1/BRCA2) | 1                                | 2             | 2             | 2             | 2   | 3             |               |   |
| e) Breast cancer   |                                  |               |               |               |     |               |               |   |
| (i) Current breast cancer  | 1                                | 4             | 4             | 4             | 4   | 4             |               |   |
| (ii) Past breast cancer  | 1                                | 3             | 3             | 3             | 3   | 3             |               |   |
| <b>Endometrial cancer</b>  | <b>I</b><br>4                    | <b>C</b><br>2 | <b>I</b><br>4 | <b>C</b><br>2 | 1   | 1             | 1             | 1 |
| <b>Ovarian cancer</b>  | 1                                | 1             | 1             | 1             | 1   | 1             | 1             |   |

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| <b>Uterine fibroids</b>  |                                  |         |     |      |     |     |   |
| a) Without distortion of the uterine cavity                                      | 1                                | 1       | 1   | 1    | 1   | 1   | 1 |
| b) With distortion of the uterine cavity   | 3                                | 3       | 1   | 1    | 1   | 1   | 1 |
| <b>Anatomical abnormalities</b>  |                                  |         |     |      |     |     |   |
| a) Distorted uterine cavity  | 3                                | 3       |     |      |     |     |   |
| b) Other abnormalities   | 2                                | 2       |     |      |     |     |   |
| <b>Pelvic inflammatory disease (PID)</b>   |                                  |         |     |      |     |     |   |
| a) Past PID (assuming no current risk factor for STIs)                           | 1                                | 1       | 1   | 1    | 1   | 1   | 1 |
| b) Current PID   | I                                | C       | I   | C    | 1   | 1   | 1 |
|  | 4                                | 2       | 4   | 2    |     |     |   |
| <b>Sexually transmitted infections (STIs)</b>                                    |                                  |         |     |      |     |     |   |
| a) Chlamydial infection (current)  | I                                | C       | I   | C    |     |     |   |
| (i) Symptomatic  | 4                                | 2       | 4   | 2    | 1   | 1   | 1 |
| (ii) Asymptomatic  | 3                                | 2       | 3   | 2    | 1   | 1   | 1 |
| b) Purulent cervicitis or gonorrhoea (current)                                   | 4                                | 2       | 4   | 2    | 1   | 1   | 1 |
| c) Other current STIs (excluding HIV & hepatitis)                                | 2                                | 2       | 1   | 1    | 1   | 1   | 1 |
| d) Vaginitis (including Trichomonas vaginalis and bacterial vaginosis) (current) | 2                                | 2       | 1   | 1    | 1   | 1   | 1 |
| e) Increased risk for STIs   | 2                                | 2       | 1   | 1    | 1   | 1   | 1 |

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### HIV INFECTION

| HIV infection                                  |  |          |          |          |   |   |
|--|--|----------|----------|----------|---|---|
| a) High risk of HIV infection                  | 2  | 2        | 1        | 2        | 1 | 1 |
| b) HIV infected                                |  |          |          |          |   |   |
| (i) CD4 count $\geq 200$ cells/mm <sup>3</sup> | 2  | 2        | 1        | 1        | 1 | 1 |
| (ii) CD4 count $< 200$ cells/mm <sup>3</sup>   | <b>I</b>   | <b>C</b> | <b>I</b> | <b>C</b> | 1 | 1 |
|  | 3  | 2        | 3        | 2        |   |   |
| c) Taking antiretroviral (ARV) drugs           | <p>Certain ARV drugs have the potential to affect the bioavailability of steroid hormones in hormonal contraception.</p> <p>For up-to-date information on the potential drug interactions between hormonal contraception and ARV drugs, please refer to the online HIV drugs interaction checker (<a href="http://www.hiv-druginteractions.org/Interactions.aspx">www.hiv-druginteractions.org/Interactions.aspx</a>).</p> |          |          |          |   |   |

### OTHER INFECTIONS

| Tuberculosis  |          |          |          |          |   |   |
|---------------|----------|----------|----------|----------|---|---|
| a) Non-pelvic | 1        | 1        | 1        | 1        | 1 | 1 |
| b) Pelvic     | <b>I</b> | <b>C</b> | <b>I</b> | <b>C</b> | 1 | 1 |
|               | 4        | 3        | 4        | 3        |   |   |

### ENDOCRINE CONDITIONS

| Diabetes                              |   |   |   |   |   |   |
|---------------------------------------|---|---|---|---|---|---|
| a) History of gestational disease     | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Non-vascular disease               |   |   |   |   |   |   |
| (i) Non-insulin dependent             | 1 | 2 | 2 | 2 | 2 | 2 |
| (ii) Insulin dependent                | 1 | 2 | 2 | 2 | 2 | 2 |
| c) Nephropathy/retinopathy/neuropathy | 1 | 2 | 2 | 2 | 2 | 3 |
| d) Other vascular disease             | 1 | 2 | 2 | 2 | 2 | 3 |

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| UKMEC SUMMARY TABLE HORMONAL AND INTRAUTERINE CONTRACEPTION |                                  |         |     |      |     |               |
|---|----------------------------------|---------|-----|------|-----|---------------|
| CONDITION   | Cu-IUD                           | LNG-IUS | IMP | DMPA | POP | CHC           |
|   | I = Initiation, C = Continuation |         |     |      |     |               |
| <b>Thyroid disorders</b>                                    |                                  |         |     |      |     |               |
| a) Simple goitre  | 1                                | 1       | 1   | 1    | 1   | 1             |
| b) Hyperthyroid   | 1                                | 1       | 1   | 1    | 1   | 1             |
| c) Hypothyroid  | 1                                | 1       | 1   | 1    | 1   | 1             |
| <b>GASTROINTESTINAL CONDITIONS</b>                          |                                  |         |     |      |     |               |
| <b>Gallbladder disease</b>                                  |                                  |         |     |      |     |               |
| a) Symptomatic  |                                  |         |     |      |     |               |
| (i) Treated by cholecystectomy                              | 1                                | 2       | 2   | 2    | 2   | 2             |
| (ii) Medically treated                                      | 1                                | 2       | 2   | 2    | 2   | 3             |
| (iii) Current   | 1                                | 2       | 2   | 2    | 2   | 3             |
| b) Asymptomatic   | 1                                | 2       | 2   | 2    | 2   | 2             |
| <b>History of cholestasis</b>                               |                                  |         |     |      |     |               |
| a) Pregnancy related  | 1                                | 1       | 1   | 1    | 1   | 2             |
| b) Past COC related   | 1                                | 2       | 2   | 2    | 2   | 3             |
| <b>Viral hepatitis</b>                                      |                                  |         |     |      |     |               |
| a) Acute or flare   | 1                                | 1       | 1   | 1    | 1   | I<br>3 C<br>2 |
| b) Carrier  | 1                                | 1       | 1   | 1    | 1   | 1             |
| c) Chronic  | 1                                | 1       | 1   | 1    | 1   | 1             |
| <b>Cirrhosis</b>  |                                  |         |     |      |     |               |
| a) Mild (compensated without complications)                 | 1                                | 1       | 1   | 1    | 1   | 1             |
| b) Severe (decompensated)                                   | 1                                | 3       | 3   | 3    | 3   | 4             |

| UKMEC      | Definition of category   |
|------------|--|
| Category 1 | A condition for which there is no restriction for the use of the method  |
| Category 2 | A condition where the advantages of using the method generally outweigh the theoretical or proven risks  |
| Category 3 | A condition where the theoretical or proven risks usually outweigh the advantages of using the method. The provision of a method requires expert clinical judgement and/or referral to a specialist contraceptive provider, since use of the method is not usually recommended unless other more appropriate methods are not available or not acceptable |
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| UKMEC SUMMARY TABLE HORMONAL AND INTRAUTERINE CONTRACEPTION                          |   |         |     |      |     |     |
|--|---|---------|-----|------|-----|-----|
| CONDITION  | Cu-IUD  | LNG-IUS | IMP | DMPA | POP | CHC |
|  | I = Initiation, C = Continuation                              |         |     |      |     |     |
| <b>Liver tumours</b>   |   |         |     |      |     |     |
| a) Benign  |   |         |     |      |     |     |
| (i) Focal nodular hyperplasia  | 1   | 2       | 2   | 2    | 2   | 2   |
| (ii) Hepatocellular adenoma  | 1   | 3       | 3   | 3    | 3   | 4   |
| b) Malignant (hepatocellular carcinoma)  | 1   | 3       | 3   | 3    | 3   | 4   |
| <b>Inflammatory bowel disease (including Crohn's disease and ulcerative colitis)</b> | 1   | 1       | 1   | 1    | 2   | 2   |
| <b>ANAEMIAS</b>  |   |         |     |      |     |     |
| <b>Thalassaemia</b>  | 2   | 1       | 1   | 1    | 1   | 1   |
| <b>Sickle cell disease</b>   | 2   | 1       | 1   | 1    | 1   | 2   |
| <b>Iron deficiency anaemia</b>   | 2   | 1       | 1   | 1    | 1   | 1   |
| <b>RHEUMATIC DISEASES</b>  |   |         |     |      |     |     |
| <b>Rheumatoid arthritis</b>  | 1   | 2       | 2   | 2    | 2   | 2   |
| <b>Systemic lupus erythematosus (SLE)</b>  |   |         |     |      |     |     |
| a) No antiphospholipid antibodies  | 1   | 2       | 2   | 2    | 2   | 2   |
| b) Positive antiphospholipid antibodies  | 1   | 2       | 2   | 2    | 2   | 4   |
| <b>Positive antiphospholipid antibodies</b>  | 1   | 2       | 2   | 2    | 2   | 4   |
| <b>DRUG INTERACTIONS</b>   |   |         |     |      |     |     |
| <b>Taking medication</b>   | See section on drug interactions with hormonal contraception. |         |     |      |     |     |

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