

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

Updated July 2017.\* This summary sheet only contains a subset of the recommendations from the USMEC. It is color coded in the left column to match the corresponding question of the Connecticut Department of Consumer Protection Self-Screening Risk Assessment Questionnaire.

For complete guidance, see: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm>

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)

Note: Most contraceptive methods do not protect against sexually transmitted diseases (STDs). Consistent and correct use of the male latex condom reduces the risk of STDs and HIV.

## Corresponding to the Connecticut\* Self-Screening Risk Assessment Questionnaire:

Condition	Sub-condition	Combined pill, patch (CHC)		Progestin-only Pill (POP)		DMPA (Inj)		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	Initiating	Continuing	
a. Age		Menarche to <40=1		Menarche to <18=1		Menarche to <18=2		Yes
		>40=2		18-45=1		18-45=1		Yes
b. Smoking	a) Age < 35	2		1		1		Yes
	b) Age > 35, < 15 cigarettes/day	3		1		1		Yes
	c) Age > 35, >15 cigarettes/day	4		1		1		Yes
c. Pregnancy	(Not Eligible for contraception)	NA*		NA*		NA		NA*
d. Vaginal Bleeding	Unexplained or worrisome vaginal bleeding	2		2		3		Yes
e. Postpartum (see also Breastfeeding)	a) < 21 days	4		1		1		Yes
	b) 21 days to 42 days:							
	(i) with other risk factors for VTE	3*		1		1		Yes
	(ii) without other risk factors for VTE	2		1		1		Yes
f. Breastfeeding (see also Postpartum)	c) > 42 days	1		1		1		Yes
	a) < 1 month postpartum	3/4*		2*		2*		Yes
	b) 30 days to 42 days							
	(i) with other risk factors for VTE	3*		2*		2*		Yes
	(ii) without other risk factors for VTE	2*		1*		1*		Yes
g. Diabetes mellitus (DM)	c) > 42 days postpartum	2*		1*		1*		Yes
	a) History of gestational DM only	1		1		1		Yes
	b) Non-vascular disease							
	(i) non-insulin dependent	2		2		2		Yes
	(ii) insulin dependent‡	2		2		2		Yes
h. Headaches	c) Nephropathy/ retinopathy/ neuropathy‡	3/4*		2		3		Yes
	d) Other vascular disease or diabetes of >20 years' duration‡	3/4*		2		3		Yes
	a) Non-migrainous	1*		1		1		Yes
	b) Migraine:							
i. Inflammatory Bowel Disease	i) without aura (includes menstrual migraines)	2*		1		1		Yes
	ii) with aura	4*		1		1		Yes
	a) Mild; no risk factors	2		2		2		
j. Hypertension	b) IBD with increased risk for VTE	3						
	a) Adequately controlled hypertension	3*		1*		2*		Yes
	b) Elevated blood pressure levels (properly taken measurements):							
	(i) systolic 140-159 or diastolic 90-99	3*		1*		2*		Yes
	(ii) systolic ≥160 or diastolic ≥100‡	4*		2*		3*		Yes
k. History of high blood pressure during pregnancy	c) Vascular disease	4*		2*		3*		Yes
			2	1		1		Yes
l. Peripartum cardiomyopathy‡	a) Normal or mildly impaired cardiac function:							
	(i) < 6 months	4		1		1		Yes
	(ii) > 6 months	3		1		1		Yes
m. Multiple risk factors for arterial CVD	b) Moderately or severely impaired cardiac function	4		2		2		Yes
	(such as older age, smoking, diabetes, hypertension, low HDL, high LDL, or high triglyceride levels)		3/4*		2*		3*	Yes
n. Ischemic heart disease‡	Current and history of		4	2	3	3		Yes
o. Valvular heart disease‡	a) Uncomplicated	2		1		1		Yes
	b) Complicated‡	4		1		1		Yes
p. Stroke‡	History of cerebrovascular accident	4		2	3	3		Yes
q. Known Thrombogenic mutations‡			4*		2*		2*	Yes

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](http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm)

‡ Condition that exposes a woman to increased risk as a result of unintended pregnancy.

\*Adapted from document prepared by the Oregon Board of Pharmacy

Condition	Sub-condition	Combined pill, patch (CHC)		Progestin-only pill (POP)		DMPA (Inj)		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	Initiating	Continuing	
r. Deep venous thrombosis (DVT) & Pulmonary embolism (PE)	a) History of DVT/PE, not on anticoag therapy							
	i) higher risk for recurrent DVT/PE	4		2		2		Yes
	ii) lower risk for recurrent DVT/PE	3		2		2		Yes
	b) Acute DVT/PE	4		2		2		Yes
	c) DVT/PE and established on anticoagulant therapy for at least 3 months							
	i) higher risk for recurrent DVT/PE	4*		2		2		Yes
	ii) lower risk for recurrent DVT/PE	3*		2		2		Yes
	d) Family history (first-degree relatives)	2		1		1		Yes
	e) Major surgery							
	(i) with prolonged immobilization	4		2		2		Yes
	(ii) without prolonged immobilization	2		1		1		Yes
	f) Minor surgery without immobilization	1		1		1		Yes
s. Superficial venous disorders	a) Varicose veins	1		1		1		
t. Multiple Sclerosis	b) Superficial venous thrombosis (acute or history)		3*		1		1	
	a) With prolonged immobility	3		1		2		Yes
u. History of bariatric surgery‡	b) Without prolonged immobility	1		1		2		Yes
	a) Restrictive procedures	1		1		1		Yes
v. Breast Disease & Breast Cancer	b) Malabsorptive procedures	COCs: 3	P/R: 1	3		1		Yes
	a) Undiagnosed mass	2*		2*		2*		Yes
w. Solid Organ Transplant	b) Benign breast disease	1		1		1		Yes
	c) Family history of cancer	1		1		1		Yes
x. Viral hepatitis	d) Breast cancer:‡							
	i) current	4		4		4		Yes
y. Cirrhosis	ii) past/no evidence current disease x 5yr	3		3		3		Yes
	a) Mild (compensated)	1		1		1		Yes
z. Liver tumors	b) Severe‡ (decompensated)	4		3		3		Yes
	a) Benign:							
aa. Gallbladder disease	i) Focal nodular hyperplasia	2		2		2		Yes
	ii) Hepatocellular adenoma‡	4		3		3		Yes
bb. History of Cholestasis	b) Malignant‡ (hepatoma)	4		3		3		Yes
	a) Symptomatic:							
aa. Gallbladder disease	(i) treated by cholecystectomy	2		2		2		Yes
	(ii) medically treated	3		2		2		Yes
cc. Systemic lupus erythematosus‡	(iii) current	3		2		2		Yes
	b) Asymptomatic	2		2		2		Yes
dd. Rheumatoid arthritis	a) Pregnancy-related	2		1		1		Yes
	b) Past COC-related	3		2		2		Yes
ee. Blood Conditions & Anemias	a) Positive (or unknown) antiphospholipid antibodies	4*		3*		3*	3*	Yes
	b) Severe thrombocytopenia	2*		2*		3*	2*	Yes
ff. Epilepsy‡	c) Immunosuppressive treatment	2*		2*		2*	2*	Yes
	d) None of the above	2*		2*		2*	2*	Yes
dd. Rheumatoid arthritis	a) On immunosuppressive therapy	2		1		2*		Yes
	(i) Long-term corticosteroid therapy					3		Yes
ee. Blood Conditions & Anemias	b) Not on immunosuppressive therapy	2		1		2		Yes
	a) Thalassemia	1		1		1		Yes
ff. Epilepsy‡	b) Sickle Cell Disease‡	2		1		1		Yes
	c) Iron-deficiency anemia	1		1		1		Yes
gg. Tuberculosis‡ (see also Drug Interactions)	(see also Drug Interactions)	1*		1*		1*		Yes
	a) Non-pelvic	1*		1*		1*		Yes
hh. HIV	b) Pelvic	1*		1*		1*		Yes
	a) High risk for HIV	1		1		1*		Yes
ii. Antiretroviral therapy (All other ARVs are a 1 or 2)	b) HIV infection	1*		1*		1*		Yes
	(i) On ARV therapy			If on treatment, see Drug Interactions				Yes
jj. Anticonvulsant therapy	a) Fosamprenavir (FPV)	3		2		2		Yes
	(i) Fosamprenavir + Ritonavir (FPV/r)	2		2		1		Yes
jj. Anticonvulsant therapy	a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3*		3*		1*		Yes
	b) Lamotrigine	3*		1		1		Yes
kk. Antimicrobial therapy	a) Broad spectrum antibiotics	1		1		1		Yes
	b) Antifungals	1		1		1		Yes
	c) Antiparasitics	1		1		1		Yes
	d) Rifampicin or rifabutin therapy	3*		3*		1*		Yes
ll. Supplements	a) St. John's Wort	2		2		1		Yes

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