



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



Updated June 2012. This summary sheet only contains a subset of the recommendations from the US MEC. For complete guidance, see: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm>

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

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)

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Injection		Implant		LNG-IUD		Copper-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	4	4
	b) Other abnormalities									2	2	2	2
Anemias	a) Thalassemia	1	1	1	1	1	1	1	1	2	2	2	2
	b) Sickle cell disease‡	2	1	1	1	1	1	1	1	2	2	2	2
	c) Iron-deficiency anemia	1	1	1	1	1	1	1	1	2	2	2	2
Benign ovarian tumors	(including cysts)	1	1	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	1	1
	b) Benign breast disease	1	1	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	1	1
	d) Breast cancer‡												
	i) current	4	4	4	4	4	4	4	4	4	4	4	4
ii) past and no evidence of current disease for 5 years	3	3	3	3	3	3	3	3	3	3	3	3	
Breastfeeding (see also Postpartum)	a) < 1 month postpartum	3*	2*	2*	2*	2*	2*	2*	2*				
	b) 1 month or more postpartum	2*	1*	1*	1*	1*	1*	1*	1*				
Cervical cancer	Awaiting treatment	2	1	2	2	2	2	4	2	4	2	4	2
Cervical ectropion		1	1	1	1	1	1	1	1	1	1	1	1
Cervical intraepithelial neoplasia		2	1	2	2	2	2	2	2	2	2	2	2
Cirrhosis	a) Mild (compensated)	1	1	1	1	1	1	1	1	1	1	1	1
	b) Severe‡ (decompensated)	4	3	3	3	3	3	3	3	3	3	3	3
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	2	2	2
	ii) lower risk for recurrent DVT/PE	3	2	2	2	2	2	2	2	2	2	2	2
	b) Acute DVT/PE	4	2	2	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	2	2
	ii) lower risk for recurrent DVT/PE	3*	2	2	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	1	1
	e) Major surgery												
	(i) with prolonged immobilization	4	2	2	2	2	2	2	2	2	2	2	2
(ii) without prolonged immobilization	2	1	1	1	1	1	1	1	1	1	1	1	
f) Minor surgery without immobilization	1	1	1	1	1	1	1	1	1	1	1	1	
Depressive disorders		1*	1*	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	1	1
	b) Non-vascular disease												

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		I	C	I	C	I	C	I	C	I	C	I	C	
Diabetes mellitus (cont.)	(i) non-insulin dependent	2	2	2	2	2	2	2	2	2	2	2	1	
	(ii) insulin dependent‡	2	2	2	2	2	2	2	2	2	2	2	1	
	c) Nephropathy/ retinopathy/ neuropathy‡	3/4*	2	3	2	2	2	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	2	2	2	1	
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	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	2	1	
	(ii) medically treated	3	2	2	2	2	2	2	2	2	2	2	1	
	(iii) current	3	2	2	2	2	2	2	2	2	2	2	1	
b) Asymptomatic	2	2	2	2	2	2	2	2	2	2	2	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*	3*		
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	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	2	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		
HIV	High risk	1	1	1*	1*	1*	1*	1*	1*	2	2	2	2	
	HIV infected (see also Drug Interactions)‡	1*	1*	1*	1*	1*	1*	1*	1*	2	2	2	2	
	AIDS (see also Drug Interactions) ‡	1*	1*	1*	1*	1*	1*	1*	1*	3	2*	3	2*	
	Clinically well on therapy	If on treatment, see Drug Interactions										2	2	2
Hyperlipidemias		2/3*	2*	2*	2*	2*	2*	2*	2*	2*	2*	2*	1*	
Hypertension	a) Adequately controlled hypertension	3*	1*	2*	2*	2*	2*	2*	2*	1	1	1	1	
	b) Elevated blood pressure levels (properly taken measurements)													
	(i) systolic 140-159 or diastolic 90-99	3	1	2	2	2	2	2	2	1	1	1	1	
	(ii) systolic ≥160 or diastolic ≥100‡	4	2	3	3	3	3	3	3	2	2	2	1	
c) Vascular disease	4	2	3	3	3	3	3	3	2	2	2	1		

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		I	C	I	C	I	C	I	C	I	C	I	C
Inflammatory bowel disease	(Ulcerative colitis, Crohn's disease)	2/3*		2		2		1		1		1	
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/m² body mass index (BMI)	2		1		1		1		1		1	
	b) Menarche to < 18 years and ≥ 30 kg/m² 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 STIs)												
	(i) with subsequent pregnancy	1		1		1		1		1		1	
	(ii) without subsequent pregnancy	1		1		1		2		2		2	
	b) Current	1		1		1		4		2*		4	
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*		2		2		2	
	c) Immediately post-septic abortion	1*		1*		1*		4		4		4	
Postpartum (see also Breastfeeding)	a) < 21 days	4		1		1							
	b) 21 days to 42 days												
	(i) with other risk factors for 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-caesarean 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	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	
Sexually transmitted infections (STIs)	a) Current purulent cervicitis or chlamydial infection or gonorrhea	1		1		1		1		4	2*	4	2*
	b) Other STIs (excluding HIV and hepatitis)	1		1		1		1		2	2	2	2

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		I	C	I	C	I	C	I	C	I	C	I	C
Sexually transmitted infections (cont.)	c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1		1		1		1		2	2	2	2
	d) Increased risk of STIs	1		1		1		1		2/3*	2	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	3	2
	b) Uncomplicated	2*		2		2		2		2		2	
Stroke‡	History of cerebrovascular accident	4		2		3		3		2	3	2	1
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	1
	b) Severe thrombocytopenia	2		2		2		2		2*		3*	2*
	c) Immunosuppressive treatment	2		2		2		2		2		2	1
	d) None of the above	2		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	
	a) Non-pelvic	1*		1*		1*		1*		1		1	
Tuberculosis‡ (see also Drug Interactions)	b) Pelvic	1*		1*		1*		1*		4	3	4	3
	Unexplained vaginal bleeding (suspicious for serious condition) before evaluation	2*		2*		3*		3*		4*	2*	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	1	
	b) Heavy or prolonged bleeding	1*		2*		2*		2*		1*	2*	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*	2/3*	2*
	b) Non-nucleoside reverse transcriptase inhibitors	2*		2*		1		2*		2/3*	2*	2/3*	2*
	c) Ritonavir-boosted protease inhibitors	3*		3*		1		2*		2/3*	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	

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

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