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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

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.