

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



Condition	Sub-Condition	Cu-IUD		LNG-IUD		Implant		DMPA		POP		CHC	
		I	C	I	C	I	C	I	C	I	C	I	C
Age	Menarche to <20 yrs:	2	2	1	1	1	1	1	1	1	1	1	1
	>20 yrs:	1	1	1	1	1	1	1	1	1	1	1	1
	Menarche to <40 yrs:	2	2	1	1	1	1	1	1	1	1	1	1
Anatomical abnormalities	a) Distorted uterine cavity	4	4										
	b) Other abnormalities	2	2										
Anemias	a) Thalassemia	2	1	1	1	1	1	1	1	1	1	1	1
	b) Sickle cell disease†	2	1	1	1	1	1	1	1	1	1	1	1
	c) Iron-deficiency anemia	2	1	1	1	1	1	1	1	1	1	1	1
Benign ovarian tumors	(including cysts)	1	1	1	1	1	1	1	1	1	1	1	1
Breast disease	a) Undiagnosed mass	1	2	2*	2*	2*	2*	2*	2*	2*	2*	2*	2*
	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	1	4	4	4	4	4	4	4	4	4	4	4
ii) Past and no evidence of current disease for 5 years	1	3	3	3	3	3	3	3	3	3	3	3	
Breastfeeding	a) <21 days postpartum					2*	2*	2*	2*	2*	2*	4*	4*
	b) 21 to <30 days postpartum												
	i) With other risk factors for VTE					2*	2*	2*	2*	2*	2*	3*	3*
	ii) Without other risk factors for VTE					2*	2*	2*	2*	2*	2*	3*	3*
	c) 30-42 days postpartum												
	i) With other risk factors for VTE					1*	1*	1*	1*	1*	1*	3*	3*
	ii) Without other risk factors for VTE					1*	1*	1*	1*	1*	1*	2*	2*
d) >42 days postpartum					1*	1*	1*	1*	1*	1*	2*	2*	
Cervical cancer	Awaiting treatment	4	2	4	2	2	2	1	1	1	2	2	
Cervical ectropion		1	1	1	1	1	1	1	1	1	1	1	
Cervical intraepithelial neoplasia		1	2	2	2	2	1	1	1	2	2	2	
Cirrhosis	a) Mild (compensated)	1	1	1	1	1	1	1	1	1	1	1	1
	b) Severe† (decompensated)	1	3	3	3	3	3	3	3	3	4	4	
Cystic fibrosis†		1*	1*	1*	1*	2*	2*	1*	1*	1*	1*	1*	1*
Deep venous thrombosis (DVT)/Pulmonary embolism (PE)	a) History of DVT/PE, not receiving anticoagulant therapy												
	i) Higher risk for recurrent DVT/PE	1	2	2	2	2	2	2	2	2	4	4	
	ii) Lower risk for recurrent DVT/PE	1	2	2	2	2	2	2	2	2	3	3	
	b) Acute DVT/PE	2	2	2	2	2	2	2	2	2	4	4	
	c) DVT/PE and established anticoagulant therapy for at least 3 months												
	i) Higher risk for recurrent DVT/PE	2	2	2	2	2	2	2	2	2	4*	4*	
	ii) Lower risk for recurrent DVT/PE	2	2	2	2	2	2	2	2	2	3*	3*	
	d) Family history (first-degree relatives)	1	1	1	1	1	1	1	1	1	2	2	
	e) Major surgery												
	i) With prolonged immobilization	1	2	2	2	2	2	2	2	2	4	4	
ii) Without prolonged immobilization	1	1	1	1	1	1	1	1	1	2	2		
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*

Key:	
1 No restriction (method can be used)	3 Theoretical or proven risks usually outweigh the advantages
2 Advantages generally outweigh theoretical or proven risks	4 Unacceptable health risk (method not to be used)

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		I	C	I	C	I	C	I	C	I	C	I	C	
Diabetes	a) History of gestational disease	1	1	1	1	1	1	1	1	1	1	1	1	
	b) Nonvascular disease													
	i) Non-insulin dependent	1	2	2	2	2	2	2	2	2	2	2	2	
	ii) Insulin dependent	1	2	2	2	2	2	2	2	2	2	2	2	
	c) Nephropathy/retinopathy/neuropathy†	1	2	2	2	3	2	3/4*	3/4*	3/4*	3/4*	3/4*	3/4*	
d) Other vascular disease or diabetes of >20 years' duration†	1	2	2	2	3	2	3/4*	3/4*	3/4*	3/4*	3/4*	3/4*		
Dysmenorrhea	Severe	2	1	1	1	1	1	1	1	1	1	1	1	
Endometrial cancer†		4	2	4	2	1	1	1	1	1	1	1	1	
Endometrial hyperplasia		1	1	1	1	1	1	1	1	1	1	1	1	
Endometriosis		2	1	1	1	1	1	1	1	1	1	1	1	
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	1	2	2	2	2	2	2	2	2	2	2	2	
	ii) Medically treated	1	2	2	2	2	2	2	2	2	2	3	3	
	iii) Current	1	2	2	2	2	2	2	2	2	2	3	3	
	b) Asymptomatic	1	2	2	2	2	2	2	2	2	2	2	2	
Gestational trophoblastic disease†	a) Suspected GTD (immediate postevacuation)													
	i) Uterine size first trimester	1*	1*	1*	1*	1*	1*	1*	1*	1*	1*	1*	1*	
	ii) Uterine size second trimester	2*	2*	2*	2*	1*	1*	1*	1*	1*	1*	1*	1*	
	b) Confirmed GTD													
	i) Undetectable/non-pregnant β-hCG levels	1*	1*	1*	1*	1*	1*	1*	1*	1*	1*	1*	1*	
	ii) Decreasing β-hCG levels	2*	1*	2*	1*	1*	1*	1*	1*	1*	1*	1*	1*	
	iii) Persistently elevated β-hCG levels or malignant disease, with no evidence or suspicion of intrauterine disease	2*	1*	2*	1*	1*	1*	1*	1*	1*	1*	1*	1*	
	iv) Persistently elevated β-hCG levels or malignant disease, with evidence or suspicion of intrauterine disease	4*	2*	4*	2*	1*	1*	1*	1*	1*	1*	1*	1*	
	Headaches	a) Nonmigraine (mild or severe)	1	1	1	1	1	1	1	1	1	1	1*	1*
	b) Migraine													
i) Without aura (includes menstrual migraine)	1	1	1	1	1	1	1	1	1	1	2*	2*		
ii) With aura	1	1	1	1	1	1	1	1	1	1	4*	4*		
History of bariatric surgery†	a) Restrictive procedures	1	1	1	1	1	1	1	1	1	1	1	1	
	b) Malabsorptive procedures	1	1	1	1	1	1	3	3	3	3	COCs: 3	P/R: 1	
History of cholestasis	a) Pregnancy related	1	1	1	1	1	1	1	1	1	1	2	2	
	b) Past COC related	1	2	2	2	2	2	2	2	2	2	3	3	
History of high blood pressure during pregnancy		1	1	1	1	1	1	1	1	1	1	2	2	
History of Pelvic surgery		1	1	1	1	1	1	1	1	1	1	1	1	
HIV	a) High risk for HIV	2	2	2	2	1	1*	1	1*	1	1	1	1	
	b) HIV infection					1*	1*	1*	1*	1*	1*	1*	1*	
	i) Clinically well receiving ARV therapy	1	1	1	1	If on treatment, see Drug Interactions								
ii) Not clinically well or not receiving ARV therapy†	2	1	2	1	If on treatment, see Drug Interactions									

Abbreviations: C=continuation of contraceptive method; CHC=combined hormonal contraception (pill, patch, and, ring); COC=combined oral contraceptive; Cu-IUD=copper-containing intrauterine device; I=initiation of contraceptive method; LNG-IUD=levonorgestrel-releasing intrauterine device; NA=not applicable; POP=progestin-only pill; P/R=patch/ring
 † Condition that exposes a woman to increased risk as a result of pregnancy. *Please see the complete guidance for a clarification to this classification:
www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm.

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		I	C	I	C	I	C	I	C	I	C	I	C
Hypertension	a) Adequately controlled hypertension	1*		1*		1*		2*		1*		3*	
	b) Elevated blood pressure levels (properly taken measurements)												
	i) Systolic 140-159 or diastolic 90-99	1*		1*		1*		2*		1*		3*	
	ii) Systolic ≥160 or diastolic ≥100 [†]	1*		2*		2*		3*		2*		4*	
	c) Vascular disease	1*		2*		2*		3*		2*		4*	
Inflammatory bowel disease	(Ulcerative colitis, Crohn's disease)	1		1		1		2		2		2/3*	
Ischemic heart disease [‡]	Current and history of	1		2	3	2	3	3		2	3	4	
Known thrombogenic mutations [‡]		1*		2*		2*		2*		2*		4*	
Liver tumors	a) Benign												
	i) Focal nodular hyperplasia	1		2		2		2		2		2	
	ii) Hepatocellular adenoma [‡]	1		3		3		3		3		4	
	b) Malignant [‡] (hepatoma)	1		3		3		3		3		4	
Malaria		1		1		1		1		1		1	
Multiple risk factors for atherosclerotic cardiovascular disease	(e.g., older age, smoking, diabetes, hypertension, low HDL, high LDL, or high triglyceride levels)	1		2		2*		3*		2*		3/4*	
Multiple sclerosis	a) With prolonged immobility	1		1		1		2		1		3	
	b) Without prolonged immobility	1		1		1		2		1		1	
Obesity	a) Body mass index (BMI) ≥30 kg/m ²	1		1		1		1		1		2	
	b) Menarche to <18 years and BMI ≥30 kg/m ²	1		1		1		2		1		2	
Ovarian cancer [‡]		1		1		1		1		1		1	
Parity	a) Nulliparous	2		2		1		1		1		1	
	b) Parous	1		1		1		1		1		1	
Past ectopic pregnancy		1		1		1		1		2		1	
Pelvic inflammatory disease	a) Past												
	i) With subsequent pregnancy	1	1	1	1	1	1	1	1	1	1	1	1
	ii) Without subsequent pregnancy	2	2	2	2	1	1	1	1	1	1	1	1
	b) Current	4	2*	4	2*	1	1	1	1	1	1	1	1
Peripartum cardiomyopathy [‡]	a) Normal or mildly impaired cardiac function												
	i) <6 months	2		2		1		1		1		4	
	ii) ≥6 months	2		2		1		1		1		3	
	b) Moderately or severely impaired cardiac function	2		2		2		2		2		4	
Postabortion	a) First trimester	1*		1*		1*		1*		1*		1*	
	b) Second trimester	2*		2*		1*		1*		1*		1*	
	c) Immediate postseptic abortion	4		4		1*		1*		1*		1*	
Postpartum (nonbreastfeeding women)	a) <21 days					1		1		1		4	
	b) 21 days to 42 days												
	i) With other risk factors for VTE					1		1		1		3*	
	ii) Without other risk factors for VTE					1		1		1		2	
	c) >42 days					1		1		1		1	
Postpartum (in breastfeeding or non-breastfeeding women, including cesarean delivery)	a) <10 minutes after delivery of the placenta												
	i) Breastfeeding	1*		2*									
	ii) Nonbreastfeeding	1*		1*									
	b) 10 minutes after delivery of the placenta to <4 weeks	2*		2*									
	c) ≥4 weeks	1*		1*									
	d) Postpartum sepsis	4		4									

Condition	Sub-Condition	Cu-IUD		LNG-IUD		Implant		DMPA		POP		CHC	
		I	C	I	C	I	C	I	C	I	C	I	C
Pregnancy		4*		4*		NA*		NA*		NA*		NA*	
Rheumatoid arthritis	a) On immunosuppressive therapy	2	1	2	1	1		2/3*		1		2	
	b) Not on immunosuppressive therapy	1		1		1		2		1		2	
Schistosomiasis	a) Uncomplicated	1		1		1		1		1		1	
	b) Fibrosis of the liver [‡]	1		1		1		1		1		1	
Sexually transmitted diseases (STDs)	a) Current purulent cervicitis or chlamydial infection or gonococcal infection	4	2*	4	2*	1		1		1		1	
	b) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	2	2	2	2	1		1		1		1	
	c) Other factors relating to STDs	2*	2	2*	2	1		1		1		1	
Smoking	a) Age <35	1		1		1		1		1		2	
	b) Age ≥35, <15 cigarettes/day	1		1		1		1		1		3	
	c) Age ≥35, ≥15 cigarettes/day	1		1		1		1		1		4	
Solid organ transplantation [‡]	a) Complicated	3	2	3	2	2		2		2		4	
	b) Uncomplicated	2		2		2		2		2		2*	
Stroke [‡]	History of cerebrovascular accident	1		2		2	3	3		2	3	4	
Superficial venous disorders	a) Varicose veins	1		1		1		1		1		1	
	b) Superficial venous thrombosis (acute or history)	1		1		1		1		1		3*	
Systemic lupus erythematosus [‡]	a) Positive (or unknown) antiphospholipid antibodies	1*	1*	3*		3*		3*	3*	3*		4*	
	b) Severe thrombocytopenia	3*	2*	2*		2*		3*	2*	2*		2*	
	c) Immunosuppressive therapy	2*	1*	2*		2*		2*	2*	2*		2*	
	d) None of the above	1*	1*	2*		2*		2*	2*	2*		2*	
Thyroid disorders	Simple goiter/ hyperthyroid/hypothyroid	1		1		1		1		1		1	
Tuberculosis [‡] (see also Drug Interactions)	a) Nonpelvic	1	1	1	1	1*		1*		1*		1*	
	b) Pelvic	4	3	4	3	1*		1*		1*		1*	
Unexplained vaginal bleeding	(suspicious for serious condition) before evaluation	4*	2*	4*	2*	3*		3*		2*		2*	
Uterine fibroids		2		2		1		1		1		1	
Valvular heart disease	a) Uncomplicated	1		1		1		1		1		2	
	b) Complicated [‡]	1		1		1		1		1		4	
Vaginal bleeding patterns	a) Irregular pattern without heavy bleeding	1		1		2		2		2		1	
	b) Heavy or prolonged bleeding	2*		1*	2*	2*		2*		2*		1*	
Viral hepatitis	a) Acute or flare	1		1		1		1		1		3/4*	2
	b) Carrier/Chronic	1		1		1		1		1		1	1
Antiretroviral therapy	Fosamprenavir (FPV)	1/2*	1*	1/2*	1*	2*		2*		2*		3*	
Anticonvulsant therapy	a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	1		1		2*		1*		3*		3*	
	b) Lamotrigine	1		1		1		1		1		3*	
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) Rifampin or rifabutin therapy	1		1		2*		1*		3*		3*	
SSRIs		1		1		1		1		1		1	
St. John's wort		1		1		2		1		2		2	

Updated July 2016. This summary sheet only contains a subset of the recommendations from the U.S. MEC. For complete guidance, see: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm>. 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.