



Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use, 2010



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)

This summary sheet only contains a subset of the recommendations from the US MEC. For complete guidance, see: www.cdc.gov/reproductivehealth/usmec

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.

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												
	>40=2												
Anatomic abnormalities	a) Distorted uterine cavity									4		4	
	b) Other abnormalities									2		2	
Anemias	a) Thalassemia	1		1		1		1		1		1	
	b) Sickle cell disease‡	2		1		1		1		1		2	
	c) Iron-deficiency anemia	1		1		1		1		1		2	
Benign ovarian tumors (including cysts)	1		1		1		1		1		1		
Breast disease	a) Undiagnosed mass	2*		2*		2*		2*		2		1	
	b) Benign breast disease	1		1		1		1		1		1	
	c) Family history of cancer	1		1		1		1		1		1	
	d) Breast cancer‡												
	i) current	4		4		4		4		4		1	
	ii) past and no evidence of current disease for 5 years	3		3		3		3		3		1	
Breastfeeding	a) < 1 month postpartum	3*		2*		2*		2*					
	b) 1 month or more postpartum	2*		1*		1*		1*					
Cervical cancer	Awaiting treatment	2		1		2		2		4	2	4	2
Cervical ectropion		1		1		1		1		1		1	
Cervical intraepithelial neoplasia (CIN)		2		1		2		2		2		1	
Cirrhosis	a) Mild (compensated)	1		1		1		1		1		1	
	b) Severe‡ (decompensated)	4		3		3		3		3		1	
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		1	
	ii) lower risk for recurrent DVT/PE	3		2		2		2		2		1	
	b) Acute DVT/PE	4		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	
	ii) lower risk for recurrent DVT/PE	3*		2		2		2		2		2	
	d) Family history (first-degree relatives)	2		1		1		1		1		1	
	e) Major surgery												
	(i) with prolonged immobilization	4		2		2		2		2		1	
(ii) without prolonged immobilization	2		1		1		1		1		1		
f) Minor surgery without immobilization	1		1		1		1		1		1		
Depressive disorders		1*		1*		1*		1*		1*		1*	
Diabetes mellitus (DM)	a) History of gestational DM only	1		1		1		1		1		1	

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		I	C	I	C	I	C	I	C	I	C	I	C	
DM (cont.)	b) Non-vascular disease													
	(i) non-insulin dependent	2		2		2		2		2		1		
	(ii) insulin dependent‡	2		2		2		2		2		1		
	c) Nephropathy/ retinopathy/ neuropathy‡	3/4*		2		3		2		2		1		
	d) Other vascular disease or diabetes of >20 years' duration‡	3/4*		2		3		2		2		1		
Endometrial cancer‡		1		1		1		1		4	2	4	2	
Endometrial hyperplasia		1		1		1		1		1		1		
Endometriosis		1		1		1		1		1		2		
Epilepsy‡§	see drug interactions	1*		1*		1*		1*		1		1		
Gall-bladder disease	a) Symptomatic													
	(i) treated by cholecystectomy	2		2		2		2		2		1		
	(ii) medically treated	3		2		2		2		2		1		
	(iii) current	3		2		2		2		2		1		
	b) Asymptomatic	2		2		2		2		2		1		
Gestational trophoblastic disease	a) Decreasing or undetectable β-hCG levels	1		1		1		1		3		3		
	b) Persistently elevated β-hCG levels or malignant disease‡	1		1		1		1		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*	1*	
History of bariatric surgery‡	a) Restrictive procedures	1		1		1		1		1		1		
	b) Malabsorptive procedures													
		COCs: 3				3		1		1		1		
		P/R: 1												
History of cholestasis	a) Pregnancy-related	2		1		1		1		1		1		
	b) Past COC-related	3		2		2		2		2		1		
History of high blood pressure during pregnancy		2		1		1		1		1		1		
History of pelvic surgery		1		1		1		1		1		1		
HIV	High risk or HIV infected‡	1		1		1		1		2	2	2	2	
	AIDS (see drug interactions) ‡§	1*		1*		1*		1*		3	2*	3	2*	
	Clinically well on ARV therapy§	If on treatment see drug interactions										2	2	2
Hyperlipidemias		2/3*		2*		2*		2*		2*		1*		
Hypertension	a) Adequately controlled hypertension	3*		1*		2*		1*		1		1		
	b) Elevated blood pressure levels (properly taken measurements)													
	(i) systolic 140-159 or diastolic 90-99	3		1		2		1		1		1		

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		I	C	I	C	I	C	I	C	I	C	I	C
	(ii) systolic ≥ 160 or diastolic ≥ 100 ‡	4		2		3		2		2		1	
	c) Vascular disease	4		2		3		2		2		1	
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/m ² body mass index (BMI)	2		1		1		1		1		1	
	b) Menarche to < 18 years and ≥ 30 kg/m ² 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		1	1
	(ii) without subsequent pregnancy	1		1		1		1	2	2		2	2
	b) Current	1		1		1		1	4	2*		4	2*
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	
Post-abortion	a) First trimester	1*		1*		1*		1*		1*		1*	
	b) Second trimester	1*		1*		1*		1*		2		2	
	c) Immediately post-septic abortion	1*		1*		1*		1*		4		4	
Postpartum (in non-breastfeeding women)	a) < 21 days	3		1		1		1					
	b) ≥ 21 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	

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		I	C	I	C	I	C	I	C	I	C	I	C
Sexually transmitted infections	a) Current purulent cervicitis or chlamydia infection or gonorrhoea	1		1		1		1		1		4	2*
	b) Other STIs (excluding HIV and hepatitis)	1		1		1		1		2	2	2	2
	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		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	1
	b) Severe thrombocytopenia	2		2		3	2	2		2*		3*	2*
	c) Immunosuppressive treatment	2		2		2	2	2		2		2	1
	d) None of the above	2		2		2	2	2		2		1	1
Thrombogenic mutations‡		4*		2*		2*		2*		2*		1*	
Thyroid disorders	a) Simple goiter/hyperthyroid/hypothyroid	1		1		1		1		1		1	
Tuberculosis‡	a) Non-Pelvic	1*		1*		1*		1*		1		1	
	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		1	
	b) Carrier/Chronic	1	1	1		1		1		1		1	
Drug Interactions													
Antiretroviral therapy (ARV)	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

* Please see the complete guidance for a clarification to this classification. www.cdc.gov/reproductivehealth/usmec

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

§ Please refer to the US MEC guidance related to drug interactions at the end of this chart