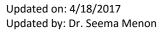
Children's Hospital Of Wisconsin

Contraception

Available Options in Alg	<u>ahabetical Order</u>		
Abstinence	 Effectiveness: If ALL sexual activity avoided (including skin to skin contact) 100% effective at preventing pregnancy and STDs Pros: No side effects Free Cons: No protection if sexual activity is forced Contraindications: None 		
Combined Oral Contraceptive Pills	 Effectiveness: Perfect use: 99% effective Actual use: 92-95% effective Pros: Menstrual cycles become lighter and are regular Can be used for extended cycling Can help with dysmenorrheal and other symptoms of PMS Decreases incidence of physiologic ovarian cysts, ovarian cancer and endometrial cancer Does not interrupt sexual activity Protects against pregnancy if sexual activity is forced Cons: Needs to be taken every day at the same time Does not protect against STDs Certain medications may interact with the pill: Decrease the efficacy of the OCP: carbamazepine, Phenobarbital, phenytoin, rifampin, griseofulvin, barbiturates, felbamate, topiramate, ethosuximide 		





	 Decrease the efficacy of the medication: warfarin, lorazepam, salicylates Decreases clearance of medication: cyclosporine, dantrolene Drugs potentiated by OCP: benzodiazepines, beta blockers, caffeine, corticosteroids, TCA Increases the risk of thrombotic events Potential side effects include nausea and headaches Contraindications: Absolute: Pregnancy, hypercoagulable states, history of DVT/PE/stroke, active liver disease, vaginal bleeding of unknown etiology, estrogen-dependent malignancy (breast cancer), prolonged immobilization, complicated congenital heart disease, severe hypertension, migraine with aura or focal neurological defects Relative: high blood pressure, gall bladder disease, smoking, hyperlipidemia
Condoms	 Effectiveness Perfect use: 97% effective Actual use: 86% effective Pros: Protects against STDs Inexpensive No hormones involved Cons: Need to interrupt sexual activity to use Possibility that condom can break Must be placed correctly Need to use a new one with each episode of intercourse Latex can be weakened by oil based lubricants (always use water based), extreme heat or cold, humidity, sunlight, age (always check the expiration date) Contraindications: Latex allergy (instruct patients to use polyurethane condoms instead)
Depo-Provera	 Effectiveness: Perfect use: 99.7% effective Actual use: 97% effective Pros: Each injection prevents pregnancy for 3 months (12 weeks) Does not contain estrogen, so appropriate to use in those with contraindications to estrogen Protection even if sexual activity is forced Many girls stop getting their periods while receiving injections Periods return on average 6-12 months after discontinuation of injections Cons: Does not protect against STDs Does not protect against STDs



	 Need to see health care provider every 3 months for the injection Common to see irregular bleeding during the first 3 months after initiating injections Side effects include weight gain, depression, hair loss May see decrease in bone density This decrease has not been shown to cause increase in fractures Decreased bone density has been shown to reverse on discontinuation of injections Contraindications: Caution in girls with history of/high risk of bone fractures
Emergency Contraception (Note: Emergency contraception (EC) does not work if a woman is already pregnant. EC will NOT cause an abortion.)	 Effectiveness Perfect use: lowers risk of pregnancy 75-89% Pros Can be taken 5 days (120 hours) after unprotected sex Girls 17 and over can get over the counter (do not need a prescription) Can be taken if sexual activity is forced Cons Does not protect against STDs Girls 16 and under need a prescription Side effects include nausea, headache
Hormonal Implants (Implanon)	 Effectiveness: Perfect use: 99.95% Actual use: 99.95% Pros: Prevents pregnancy for 3 years Can have it removed at any time Pregnancy protection even if sexual activity is forced Does not contain estrogen, so appropriate to use in those with contraindications to estrogen Cons: No protection against STDs Requires minor procedure for both insertion and removal of the rod Need to have a health care provider trained in insertion/removal Side effects including irregular bleeding, depression, hair loss, weight gain Contraindications: Pregnancy, active liver disease, vaginal bleeding of unknown etiology
Lactational	Effectiveness



Amenorrhea Method (LAM)	 Perfect use: 98% effective Actual use: 98% effective Pros Does not interrupt sexual activity Can prevent pregnancy in forced sexual activity Cons Only can be used within 6 months of delivery in a woman who has not had menstrual period since delivery and is breast feeding baby at least 6-10 times per day Does not protect against STDs Contraindications: Not breast feeding
Levonorgestrel IUD (Mirena)	 Effectiveness: Perfect use: 99.8% Actual use: 99.8% Pros: Prevents pregnancy for up to 5 years Does not need daily attention – just need to check the strings once a month Will likely have much lighter periods or none at all (Also a treatment for menorrhagia) Pregnancy protection even if sexual activity is forced Does not contain estrogen, so appropriate to use in those with contraindications to estrogen Cons: Does not protect against STDs Need to have health care provider trained in insertion/removal Increased risk of PID during the first few weeks after insertion in patients with STDs Small risk of spontaneous expelling Small risk of spontaneous expelling Small risk of uterine perforation during placement Increased risk of PID during the communication placement Increased risk of placement Moderate to severe uterine cramping during placement Small risk of spontaneous expelling Small risk of spontaneous expelling Small risk of not perform the rease reas
Ortho-evra patch, Nuva Ring	 Effectiveness Perfect use: 99.7% (patch and ring) Actual use: 99% (patch); 95% (ring) Pros: Does not need to be taken every day (the patch lasts 1 week and the ring lasts 3 weeks) Makes menstrual periods more regular and lighter



Progestin-only Pills	 Can use extended cycling Can help with dysmenorrhea and other PMS symptoms Decreases incidence of ovarian cysts, ovarian cancer and endometrial cancer Does not interrupt sexual activity The ring can be left in during sex or removed for maximum of 3 hours Protection from pregnancy even if sexual activity is forced Cons: Does not protect against STDs Potential side effects include irregular bleeding, breast tenderness, nausea, headaches Potential side effects include irregular bleeding, breast tenderness, nausea, headaches Patch is associated with slightly higher risk of thrombotic event (but lower than thrombotic risk associated with pregnancy). Patch may cause skin irritation or change in skin pigment Vaginal ring may cause leukorrhea, foreign body sensation Contraindications: Absolute: Pregnancy, hypercoagulable states, history of DVT/PE/stroke, active liver disease, vaginal bleeding of unknown etiology, estrogen-dependent malignancy (breast cancer), prolonged immobilization, complicated congenital heart disease, severe hypertension, migraine with aura or focal neurological defects Relative: high blood pressure, gall bladder disease, smoking, hyperlipidemia
Progesun-only Phils	 Effectiveness Perfect use: 98% effective Actual use: 95% effective Pros Does not contain estrogen, so appropriate to use in those with contraindications to estrogen Protection even if sexual activity is forced Cons: Needs to be taken every day at the same time Does not protect against STDs Associated with breakthrough bleeding
Rhythm Method	 Effectiveness Perfect use: 91-98% (average 94%) effective Actual use: 76% effective Pros: Free Do not need to interrupt sexual activity Cons: Woman needs to know when she is ovulating and avoid sex few days before and few days after



	 Does not protect against STDs Does not protect against forced sexual activity Contraindications: Irregular periods
Withdrawal	 Effectiveness Perfect use: 96% effective Actual use: 77-81% effective Pros: Free No hormones needed Cons: Perfect use rarely happens: Pre-ejaculate may contain sperm Does not prevent STDs

