

# Children's Hospital Of Wisconsin

## Contraception

### Available Options in Alphabetical Order

#### 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 dysmenorrhea 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

	<ul style="list-style-type: none"> <li>▪ Decrease the efficacy of the medication: warfarin, lorazepam, salicylates</li> <li>▪ Decreases clearance of medication: cyclosporine, dantrolene</li> <li>▪ Drugs potentiated by OCP: benzodiazepines, beta blockers, caffeine, corticosteroids, TCA</li> <li>○ Increases the risk of thrombotic events</li> <li>○ Potential side effects include nausea and headaches</li> <li>• Contraindications: <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Relative: high blood pressure, gall bladder disease, smoking, hyperlipidemia</li> </ul> </li> </ul>
<b>Condoms</b>	<ul style="list-style-type: none"> <li>• Effectiveness <ul style="list-style-type: none"> <li>○ Perfect use: 97% effective</li> <li>○ Actual use: 86% effective</li> </ul> </li> <li>• Pros: <ul style="list-style-type: none"> <li>○ Protects against STDs</li> <li>○ Inexpensive</li> <li>○ No hormones involved</li> </ul> </li> <li>• Cons: <ul style="list-style-type: none"> <li>○ Need to interrupt sexual activity to use</li> <li>○ Possibility that condom can break</li> <li>○ Must be placed correctly</li> <li>○ Need to use a new one with each episode of intercourse</li> <li>○ Latex can be weakened by oil based lubricants (always use water based), extreme heat or cold, humidity, sunlight, age (always check the expiration date)</li> </ul> </li> <li>• Contraindications: <ul style="list-style-type: none"> <li>○ Latex allergy (instruct patients to use polyurethane condoms instead)</li> </ul> </li> </ul>
<b>Depo-Provera</b>	<ul style="list-style-type: none"> <li>• Effectiveness: <ul style="list-style-type: none"> <li>○ Perfect use: 99.7% effective</li> <li>○ Actual use: 97% effective</li> </ul> </li> <li>• Pros: <ul style="list-style-type: none"> <li>○ Each injection prevents pregnancy for 3 months (12 weeks)</li> <li>○ Does not contain estrogen, so appropriate to use in those with contraindications to estrogen</li> <li>○ Protection even if sexual activity is forced</li> <li>○ Many girls stop getting their periods while receiving injections <ul style="list-style-type: none"> <li>▪ Periods return on average 6-12 months after discontinuation of injections</li> </ul> </li> </ul> </li> <li>• Cons: <ul style="list-style-type: none"> <li>○ Does not protect against STDs</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Need to see health care provider every 3 months for the injection</li> <li>○ Common to see irregular bleeding during the first 3 months after initiating injections</li> <li>○ Side effects include weight gain, depression, hair loss</li> <li>○ May see decrease in bone density <ul style="list-style-type: none"> <li>▪ This decrease has not been shown to cause increase in fractures</li> <li>▪ Decreased bone density has been shown to reverse on discontinuation of injections</li> </ul> </li> <li>● Contraindications: <ul style="list-style-type: none"> <li>○ Caution in girls with history of/high risk of bone fractures</li> </ul> </li> </ul>
<b>Emergency Contraception</b> (Note: Emergency contraception (EC) does not work if a woman is already pregnant. EC will NOT cause an abortion.)	<ul style="list-style-type: none"> <li>● Effectiveness <ul style="list-style-type: none"> <li>○ Perfect use: lowers risk of pregnancy 75-89%</li> </ul> </li> <li>● Pros <ul style="list-style-type: none"> <li>○ Can be taken 5 days (120 hours) after unprotected sex</li> <li>○ Girls 17 and over can get over the counter (do not need a prescription)</li> <li>○ Can be taken if sexual activity is forced</li> </ul> </li> <li>● Cons <ul style="list-style-type: none"> <li>○ Does not protect against STDs</li> <li>○ Girls 16 and under need a prescription <ul style="list-style-type: none"> <li>▪ Side effects include nausea, headache</li> </ul> </li> </ul> </li> </ul>
<b>Hormonal Implants (Implanon)</b>	<ul style="list-style-type: none"> <li>● Effectiveness: <ul style="list-style-type: none"> <li>○ Perfect use: 99.95%</li> <li>○ Actual use: 99.95%</li> </ul> </li> <li>● Pros: <ul style="list-style-type: none"> <li>○ Prevents pregnancy for 3 years</li> <li>○ Can have it removed at any time</li> <li>○ Pregnancy protection even if sexual activity is forced</li> <li>○ Does not contain estrogen, so appropriate to use in those with contraindications to estrogen</li> </ul> </li> <li>● Cons: <ul style="list-style-type: none"> <li>○ No protection against STDs</li> <li>○ Requires minor procedure for both insertion and removal of the rod</li> <li>○ Need to have a health care provider trained in insertion/removal</li> <li>○ Side effects including irregular bleeding, depression, hair loss, weight gain</li> </ul> </li> <li>● Contraindications: <ul style="list-style-type: none"> <li>○ Pregnancy, active liver disease, vaginal bleeding of unknown etiology</li> </ul> </li> </ul>
<b>Lactational</b>	<ul style="list-style-type: none"> <li>● Effectiveness</li> </ul>

<b>Amenorrhea Method (LAM)</b>	<ul style="list-style-type: none"> <li>○ Perfect use: 98% effective</li> <li>○ Actual use: 98% effective</li> <li>● Pros <ul style="list-style-type: none"> <li>○ Does not interrupt sexual activity</li> <li>○ Can prevent pregnancy in forced sexual activity</li> </ul> </li> <li>● Cons <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Does not protect against STDs</li> </ul> </li> <li>● Contraindications: <ul style="list-style-type: none"> <li>○ Not breast feeding</li> </ul> </li> </ul>
<b>Levonorgestrel IUD (Mirena)</b>	<ul style="list-style-type: none"> <li>● Effectiveness: <ul style="list-style-type: none"> <li>○ Perfect use: 99.8%</li> <li>○ Actual use: 99.8%</li> </ul> </li> <li>● Pros: <ul style="list-style-type: none"> <li>○ Prevents pregnancy for up to 5 years</li> <li>○ Does not need daily attention – just need to check the strings once a month</li> <li>○ Will likely have much lighter periods or none at all (Also a treatment for menorrhagia)</li> <li>○ Pregnancy protection even if sexual activity is forced</li> <li>○ Does not contain estrogen, so appropriate to use in those with contraindications to estrogen</li> </ul> </li> <li>● Cons: <ul style="list-style-type: none"> <li>○ Does not protect against STDs</li> <li>○ Need to have health care provider trained in insertion/removal</li> <li>○ Increased risk of PID during the first few weeks after insertion in patients with STDs</li> <li>○ Small risk of spontaneous expelling</li> <li>○ Small risk of uterine perforation during placement</li> <li>○ Moderate to severe uterine cramping during placement</li> <li>○ Irregular, light bleeding for approximately 2 months after placement</li> </ul> </li> <li>● Contraindications: <ul style="list-style-type: none"> <li>○ Pregnancy, abnormal uterus (mullerian anomaly), recent PID, cervical/endometrial/ovarian cancer</li> </ul> </li> </ul>
<b>Ortho-evra patch, Nuva Ring</b>	<ul style="list-style-type: none"> <li>● Effectiveness <ul style="list-style-type: none"> <li>○ Perfect use: 99.7% (patch and ring)</li> <li>○ Actual use: 99% (patch); 95% (ring)</li> </ul> </li> <li>● Pros: <ul style="list-style-type: none"> <li>○ Does not need to be taken every day (the patch lasts 1 week and the ring lasts 3 weeks)</li> <li>○ Makes menstrual periods more regular and lighter</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Can use extended cycling</li> <li>○ Can help with dysmenorrhea and other PMS symptoms</li> <li>○ Decreases incidence of ovarian cysts, ovarian cancer and endometrial cancer</li> <li>○ Does not interrupt sexual activity</li> <li>○ The ring can be left in during sex or removed for maximum of 3 hours</li> <li>○ Protection from pregnancy even if sexual activity is forced</li> <li>● Cons: <ul style="list-style-type: none"> <li>○ Does not protect against STDs</li> <li>○ The patch may not be as effective in people over 200 lbs</li> <li>○ Potential side effects include irregular bleeding, breast tenderness, nausea, headaches</li> <li>○ Patch is associated with slightly higher risk of thrombotic event (but lower than thrombotic risk associated with pregnancy).</li> <li>○ Patch may cause skin irritation or change in skin pigment</li> <li>○ Vaginal ring may cause leukorrhea, foreign body sensation</li> </ul> </li> <li>● Contraindications: <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Relative: high blood pressure, gall bladder disease, smoking, hyperlipidemia</li> </ul> </li> </ul>
<b>Progestin-only Pills</b>	<ul style="list-style-type: none"> <li>● Effectiveness <ul style="list-style-type: none"> <li>○ Perfect use: 98% effective</li> <li>○ Actual use: 95% effective</li> </ul> </li> <li>● Pros <ul style="list-style-type: none"> <li>○ Does not contain estrogen, so appropriate to use in those with contraindications to estrogen</li> <li>○ Protection even if sexual activity is forced</li> </ul> </li> <li>● Cons: <ul style="list-style-type: none"> <li>○ Needs to be taken every day at the same time</li> <li>○ Does not protect against STDs</li> <li>○ Associated with breakthrough bleeding</li> </ul> </li> </ul>
<b>Rhythm Method</b>	<ul style="list-style-type: none"> <li>● Effectiveness <ul style="list-style-type: none"> <li>○ Perfect use: 91-98% (average 94%) effective</li> <li>○ Actual use: 76% effective</li> </ul> </li> <li>● Pros: <ul style="list-style-type: none"> <li>○ Free</li> <li>○ Do not need to interrupt sexual activity</li> </ul> </li> <li>● Cons: <ul style="list-style-type: none"> <li>○ Woman needs to know when she is ovulating and avoid sex few days before and few days after</li> </ul> </li> </ul>

	<ul style="list-style-type: none"><li>○ Does not protect against STDs</li><li>○ Does not protect against forced sexual activity</li><li>● Contraindications:<ul style="list-style-type: none"><li>○ Irregular periods</li></ul></li></ul>
<b>Withdrawal</b>	<ul style="list-style-type: none"><li>● Effectiveness<ul style="list-style-type: none"><li>○ Perfect use: 96% effective</li><li>○ Actual use: 77-81% effective</li></ul></li><li>● Pros:<ul style="list-style-type: none"><li>○ Free</li><li>○ No hormones needed</li></ul></li><li>● Cons:<ul style="list-style-type: none"><li>○ Perfect use rarely happens: Pre-ejaculate may contain sperm</li><li>○ Does not prevent STDs</li></ul></li></ul>