

Medical Methods of Contraception

Method	Hormone	Primary Action	Benefits	Risks	Effective After
COCP	Oestrogen + progesterone	Inhibit ovulation	Reduces benign breast / ovarian lumps Reduces ovarian / endometrial ca.	VTE, MI, stroke, breast ca.	Immediate up to D5 7 days if later
POP	Progesterone	Thicken cervical mucous	OK in breastfeeding and up to age 55	Ovarian cysts, breast ca.	Immediate up to D5 2 days if later
Depot	Progesterone	Inhibit ovulation	OK in breastfeeding	Bone thinning, weight gain, irregular menses Delayed return of fertility	Immediate up to D5 7 days if later
Implant	Progesterone	Inhibit ovulation	No delay in return of fertility	Weight gain, irregular menses	Immediate up to D5 7 days if later
IUD	-	Spermicidal	Effective for up to 10 years Reduces endometrial ca.	Intermenstrual bleeding, pain, PID	Immediate
IUS	Progesterone	Endometrial suppression	Controls / abolishes menses	Initial pain (fitting) and irregular menses	Immediate up to D7 7 days if later

Emergency contraception

Method	Hormone	Primary Action	Use	Contraindications	Failure rate
POEC	Levonorgestrel 1.5mg stat	Inhibit ovulation	Within 72 hours (3d), available OTC	Porphyria, liver disease	5-8%
SPRM	Ulipristal 30mg stat	Inhibit ovulation	Within 120 hours (5d)	Liver disease, uncontrolled asthma	1-2%
IUD	-	Inhibit fertilisation / implantation	Within 120 hours (5d)	PID / active STI, cervical ca.	<1%

Missed pills

COCP	x1 missed pill (< 48hrs late)	Take missed pill, continue pack and 7d pill-free interval as normal
	x2 missed pills (> 48hrs late)	Take x1 missed pill, continue pack, barrier for 7d
		If missed in pill-free interval or day 1-7 – consider emergency contraception
		If missed in day 15-21 – omit pill-free interval
POP		Take missed pill, barrier if >3hrs late (>12hr Cerazette)
		If UPSI within previous 72hrs – consider emergency contraception

UKMEC

All methods apart from copper IUD are UKMEC 3/4 for past/current breast cancer.

COCP	
Condition	UKMEC Grade
< 6 weeks post-partum, breastfeeding	4
Age <35, smoking	2
Age >35, smoking <15/day	3
Age >35, smoking >15/day	4
BMI 30-35	2
BMI >35	3
Multiple cardiovascular risk factors	3
Hypertension Stage 1 (<160/100)	3
Hypertension Stage 2+ (>160/100)	4
CHD / IHD / PVD / stroke	4
Previous VTE	4
Family history VTE age <45	3
Family history VTE age >45	2
AF	4
Migraine without aura	2
Migraine with aura	4
BRCA1/2 carrier	3
Diabetes with complications	3
Positive APL antibodies	4

IUS	
Condition	UKMEC Grade
Age <20	2
48hrs – 4 weeks post-partum	3
Vascular problems / VTE	2
Migraine	2
Distorted uterus e.g. fibroids	3
Symptomatic chlamydia / gonorrhoea	4

Depot	
Condition	UKMEC Grade
Multiple cardiovascular risk factors	3
CHD / IHD / PVD / stroke	3