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For accessible version, please see the summary of classifications at https://www.cdc.gov/contraception/hcp/usmec/

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



Updated in 2024. This summary sheet only contains a subset of the recommendations from the U.S. MEC. For complete guidance, see: https://www.cdc.gov/contraception/hcp/usmec/. Most contraceptive methods do not protect against STIs. Consistent and correct use of the external (male) latex condom reduces the risk of STIs and HIV. Please see NIH guidelines for up to date recommendations on hormonal contraception and ARVs: https://clinicalinfo.hiv.gov/en/guidelines/perinatal/prepregnancy-counseling-childbearing-age-overview/view=fullTable-3 and https://clinicalinfo.hiv.gov/en/guidelines/hiv-clinical-guidelines-adult-and-adolescent-antidrug-interactions-overview/view=full.

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)

Table with columns: Condition, Sub-Condition, Cu-IUD, LNG-IUD, Implant, DMPA, POP, CHC. Rows include Age, Anatomical abnormalities, Anemia, Iron-deficiency, Benign ovarian tumors, Breast disease, Breastfeeding, Cervical cancer, Cervical ectropion, Cervical intraepithelial neoplasia, Chronic kidney disease, Cirrhosis, Cystic fibrosis, Deep venous thrombosis (DVT)/Pulmonary embolism (PE), Depressive disorders.

Abbreviations: ARV = antiretroviral; C = continuation of contraceptive method; CHC = combined hormonal contraceptive (pill, patch, and ring); COC = combined oral contraceptive; Cu-IUD = copper intrauterine device; DMPA = depot medroxyprogesterone acetate; I = initiation of contraceptive method; LNG-IUD = levonorgestrel intrauterine device; NA = not applicable; POP = progestin-only pill; P/R = patch/ring; SSRI = selective serotonin reuptake inhibitor; STI = sexually transmitted infection; VTE = venous thromboembolism. *Condition associated with increased risk as a result of pregnancy. *Please see the complete guidance for a clarification to this classification: https://www.cdc.gov/contraception/hcp/usmec/.

Table with columns: Condition, Sub-Condition, Cu-IUD, LNG-IUD, Implant, DMPA, POP, CHC. Rows include Diabetes, Dysmenorrhea, Endometrial cancer, Endometrial hyperplasia, Endometriosis, Epilepsy, Gallbladder disease, Gestational trophoblastic disease (GTD), Headaches, History of bariatric surgery, History of cholelithiasis, History of high blood pressure during pregnancy, History of pelvic surgery, HIV.

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Table with columns: Condition, Sub-Condition, Cu-IUD, LNG-IUD, Implant, DMPA, POP, CHC. Rows include Hypertension, Inflammatory bowel disease, Ischemic heart disease, Liver tumors, Malaria, Multiple risk factors for atherosclerotic cardiovascular disease, Multiple sclerosis, Obesity, Ovarian cancer, Parity, Past ectopic pregnancy, Pelvic inflammatory disease, Peripartum cardiomyopathy, Postabortion, Postpartum.

Table with columns: Condition, Sub-Condition, Cu-IUD, LNG-IUD, Implant, DMPA, POP, CHC. Rows include Rheumatoid arthritis, Schistosomiasis, Sexually transmitted infections (STIs), Sickle cell disease, Smoking, Solid organ transplantation, Stroke, Superficial venous disorders, Surgery, Systemic lupus erythematosus, Thalassemia, Thrombophilia, Thyroid disorders, Tuberculosis, Unexplained vaginal bleeding, Uterine fibroids, Valvular heart disease, Vaginal bleeding patterns, Viral hepatitis, Drug Interactions, Anticonvulsant therapy, Antimicrobial therapy.