



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



Pages 1,2 .....Color coded in the left column to match the corresponding question of the Colorado Hormonal Contraception Self-Screening Tool Questionnaire.

Pages 3,4 ..... Arranged alphabetically by disease state

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)

Updated November 2016. This summary sheet only contains a subset of the recommendations from the US MEC. For complete guidance, see: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm>

## Corresponding to the order of the Colorado Hormonal Contraception Self Screening Tool Questionnaire:

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	
Age	Menarche to <40=1			Menarche to <18=1		Yes
	≥40=2			18-45=1		Yes
	>45=1					Yes
Smoking	a) Age < 35	2		1		Yes
	b) Age ≥ 35, < 15 cigarettes/day	3		1		Yes
	c) Age ≥ 35, ≥15 cigarettes/day	4		1		Yes
Pregnancy	(Not Eligible for contraception)	NA*		NA*		NA*
Postpartum (see also Breastfeeding)	a) < 21 days	4		1		Yes
	b) 21 days to 42 days:					
	(i) with other risk factors for VTE	3*		1		Yes
	(ii) without other risk factors for VTE	2		1		Yes
c) > 42 days	1		1		Yes	
Breastfeeding (see also Postpartum)	a) < 1 month postpartum	3*		2*		Yes
	b) 1 month or more postpartum	2*		1*		Yes
Diabetes mellitus (DM)	a) History of gestational diabetes only	1		1		Yes
	b) Non-vascular disease					
	(i) non-insulin dependent	2		2		Yes
	(ii) insulin dependent‡	2		2		Yes
	c) Nephropathy/ retinopathy/ neuropathy‡	3/4*		2		Yes
d) Other vascular disease or diabetes of >20 years' duration‡	3/4*		2		Yes	
Headaches	a) Non-migraine (mild or severe)	1*		1		Yes
	b) Migraine:					
	i) without aura (includes menstrual migraine)	2*		1		Yes
	iii) with aura	4*		1		Yes
Hypertension	a) Adequately controlled hypertension	3*		1*		Yes
	b) Elevated blood pressure levels (properly taken measurements):					
	(i) systolic 140-159 or diastolic 90-99	3		1		Yes
	(ii) systolic ≥160 or diastolic ≥100‡	4		2		Yes
	c) Vascular disease	4		2		Yes
History of high blood pressure during pregnancy		2		1		Yes
Hyperlipidemias		2/3*		2*		Yes
Peripartum cardiomyopathy‡	a) Normal or mildly impaired cardiac function:					
	(i) < 6 months	4		1		Yes

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	
	(ii) ≥ 6 months	3		1		Yes
	b) Moderately or severely impaired cardiac function	4		2		Yes
	Multiple risk factors for arterial cardiovascular disease (such as older age, smoking, diabetes and hypertension)	3/4*		2*		Yes
Ischemic heart disease‡	Current and history of	4		2	3	Yes
Valvular heart disease	a) Uncomplicated	2		1		Yes
	b) Complicated‡	4		1		Yes
Stroke‡	History of cerebrovascular accident	4		2	3	Yes
Thrombogenic mutations‡		4*		2*		Yes
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		Yes
	ii) lower risk for recurrent DVT/PE	3		2		Yes
	b) Acute DVT/PE	4		2		Yes
	c) DVT/PE and established on anticoagulant therapy for at least 3 months					
	i) higher risk for recurrent DVT/PE	4*		2		Yes
	ii) lower risk for recurrent DVT/PE	3*		2		Yes
	d) Family history (first-degree relatives)	2		1		Yes
	e) Major surgery					
	(i) with prolonged immobilization	4		2		Yes
(ii) without prolonged immobilization	2		1		Yes	
f) Minor surgery without immobilization	1		1		Yes	
History of bariatric surgery‡	a) Restrictive procedures	1		1		Yes
	b) Malabsorptive procedures	COCS: 3		3		Yes
Breast disease/ Breast Cancer	a) Undiagnosed mass	2*		2*		Yes
	b) Benign breast disease	1		1		Yes
	c) Family history of cancer	1		1		Yes
	d) Breast cancer:‡					
	i) current	4		4		Yes
ii) past and no evidence of current disease for 5 years	3		3		Yes	

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	
Viral hepatitis	a) Acute or flare	3/4*	2	1	1	Yes
	b) Carrier/Chronic	1	1	1	1	Yes
Cirrhosis	a) Mild (compensated)	1	1	1	1	Yes
	b) Severe‡ (decompensated)	4	3	3	3	Yes
Liver tumors	a) Benign:					
	i) Focal nodular hyperplasia	2	2	2	2	Yes
	ii) Hepatocellular adenoma‡	4	3	3	3	Yes
	b) Malignant‡	4	3	3	3	Yes
Gallbladder disease	a) Symptomatic:					
	(i) treated by cholecystectomy	2	2	2	2	Yes
	(ii) medically treated	3	2	2	2	Yes
	(iii) current	3	2	2	2	Yes
	b) Asymptomatic	2	2	2	2	Yes
History of Cholestasis	a) Pregnancy-related	2	1	1	1	Yes
	b) Past COC-related	3	2	2	2	Yes
Systemic lupus erythematosus‡	a) Positive (or unknown) antiphospholipid antibodies	4*	3*	3*	3*	Yes
	b) Severe thrombocytopenia	2*	2*	2*	2*	Yes
	c) Immunosuppressive treatment	2*	2*	2*	2*	Yes
	d) None of the above	2*	2*	2*	2*	Yes
Rheumatoid arthritis	a) On immunosuppressive therapy	2	1	1	1	Yes
	b) Not on immunosuppressive therapy	2	1	1	1	Yes
Epilepsy‡	(see also Drug Interactions)	1*	1*	1*	1*	Yes
Tuberculosis‡ (see also Drug Interactions)	a) Non-pelvic	1*	1*	1*	1*	Yes
	b) Pelvic	1*	1*	1*	1*	Yes
HIV	High risk	1	1	1	1	Yes
	HIV infected (see also Drug Interactions)‡	1*	1*	1*	1*	Yes
	(i) Clinically well receiving ARV therapy	If on treatment, see Drug Interactions.				
	(ii) Not clinically well or not receiving ARV therap	If on treatment, see Drug Interactions.				
<b>Drug Interactions</b>						
Antiretroviral therapy All other ARV's are 1 or 2 for all methods	Fosamprenavir	1*	3*	3*	3*	Yes
Anticonvulsant therapy	a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3*	3*	3*	3*	Yes
	b) Lamotrigine	3*	1	1	1	Yes
Antimicrobial therapy	a) Broad spectrum antibiotics	1	1	1	1	Yes
	b) Antifungals	1	1	1	1	Yes
	c) Antiparasitics	1	1	1	1	Yes
	d) Rifampin or rifabutin therapy	3*	3*	3*	3*	Yes
SSRIs		1	1	1	1	Yes
St. John's Wort		2	2	2	2	Yes

## Alphabetical Listing of USMEC Contraceptive Eligibility By Disease State

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	
Anemias	a)Thalassemia	1	1	1	1	Yes
	b)Sickle cell disease	2	2	1	1	Yes
	c)Iron-deficiency anemia	1	1	1	1	Yes
Benign ovarian tumors (including cysts)		1	1	1	1	Yes
Breast disease/ Breast Cancer	a) Undiagnosed mass	2*		2*		Yes
	b) Benign breast disease	1		1		Yes
	c) Family history of cancer	1		1		Yes
	d) Breast cancer‡					
	i) current	4		4		Yes
	ii) past and no evidence of current disease for 5 years	3		3		Yes
Breastfeeding (see also Postpartum)	a) < 21 days postpartum	4*		2*		Yes
	b) 21 to <30 days postpartum					
	i) With other risk factors for VTE	3*		2*		Yes
	ii) Without other risk factors for VTE	3*		2*		Yes
	c) 30-42 days postpartum					
	i) With other risk factors for VTE	3*		1*		Yes
	ii) Without other risk factors for VTE	2*		1*		Yes
	d) >42 days postpartum	2*		1*		Yes
Cervical cancer	Awaiting treatment	2		1		Yes
Cervical ectropion		1		1		Yes
Cervical intraepithelial neoplasia		2		1		Yes
Cirrhosis	a) Mild (compensated)	1		1		Yes
	b) Severe‡ (decompensated)	4		3		Yes
Cystic Fibrosis		1*		1*		Yes
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		Yes
	ii) lower risk for recurrent DVT/PE	3		2		Yes
	b) Acute DVT/PE	4		2		Yes
	c) DVT/PE and established on anticoagulant therapy for at least 3 months					
	i) higher risk for recurrent DVT/PE	4*		2		Yes
	ii) lower risk for recurrent DVT/PE	3*		2		Yes
	d) Family history (first-degree relatives)	2		1		Yes
	e) Major surgery					
	(i) with prolonged immobilization	4		2		Yes
	(ii) without prolonged immobilization	2		1		Yes
	f) Minor surgery without immobilization	1		1		Yes
Depressive disorders		1*		1*		Yes
Diabetes mellitus (DM)	a) History of gestational disease	1		1		Yes
	b) Non-vascular disease					
	(i) non-insulin dependent	2		2		Yes

Diabetes mellitus (cont.)	(ii) insulin dependent‡	2		2		Yes
	c) Nephropathy/ retinopathy/ neuropathy‡	3/4*		2		Yes
	d) Other vascular disease or diabetes of >20 years' duration‡	3/4*		2		Yes
Endometrial cancer‡		1		1		Yes
Endometrial hyperplasia		1		1		Yes
Endometriosis		1		1		Yes
Epilepsy‡	(see also Drug Interactions)	1*		1*		Yes
Gallbladder disease	a) Symptomatic					
	(i) treated by cholecystectomy	2		2		Yes
	(ii) medically treated	3		2		Yes
	(iii) current	3		2		Yes
	b) Asymptomatic	2		2		Yes
	<b>Sub-condition</b>	<b>Combined pill, patch, ring</b>		<b>Progestin-only pill</b>		<b>Other Contraception Options Indicated for Patient</b>
		<b>Initiating</b>	<b>Continuing</b>	<b>Initiating</b>	<b>Continuing</b>	
Gestational trophoblastic disease	a) Decreasing or undetectable β-hCG levels	1		1		Yes
	b) Persistently elevated β-hCG levels or malignant disease‡	1		1		Yes
Headaches	a) Non-migraine (mild or severe)	1*	2*	1*	1*	Yes
	b) Migraine					
	i) without aura (includes menstrual migraine)	2*		1*		Yes
	iii) with aura	4*		1		Yes
History of bariatric surgery‡	a) Restrictive procedures	1		1		Yes
	b) Malabsorptive procedures	COCs: 3 P/R: 1		3		Yes
History of cholestasis	a) Pregnancy-related	2		1		Yes
	b) Past COC-related	3		2		Yes
History of high blood pressure during pregnancy		2		1		Yes
History of pelvic surgery		1		1		Yes
HIV	a) High risk	1		1		Yes
	b) HIV infected	1*		1*		Yes
	i) Clinically well receiving ARV therapy	If on treatment, see Drug Interactions.				
	ii) Not clinically well or not receiving ARV therapy	If on treatment, see Drug Interactions.				
Hypertension	a) Adequately controlled hypertension	3*		1*		Yes
	b) Elevated blood pressure levels (properly taken measurements)					
	(i) systolic 140-159 or diastolic 90-99	3		1		Yes
	(ii) systolic ≥160 or diastolic ≥100‡	4		2		Yes
	c) Vascular disease	4		2		Yes
Inflammatory bowel disease (Ulcerative colitis, Crohn's disease)		2/3*		2		Yes
Ischemic heart disease‡	Current and history of	4		2	3	Yes
Liver tumors	a) Benign					
	i) Focal nodular hyperplasia	2		2		Yes
	ii) Hepatocellular adenoma‡	4		3		Yes
	b) Malignant‡	4		3		Yes

## Alphabetical Listing of USMEC Contraceptive Eligibility By Disease State

Malaria		1	1	Yes
Multiple risk factors for arterial cardiovascular disease	(such as older age, smoking, diabetes and hypertension)	3/4*	2*	Yes
Obesity	a) $\geq 30$ kg/m <sup>2</sup> body mass index (BMI)	2	1	Yes
	b) Menarche to < 18 years and $\geq 30$ kg/m <sup>2</sup> BMI	2	1	Yes

Ovarian cancer‡		1	1	Yes
Parity	a) Nulliparous	1	1	Yes
	b) Parous	1	1	Yes
Past ectopic pregnancy		1	2	Yes

## Alphabetical Listing of USMEC Contraceptive Eligibility By Disease State

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	
Pelvic inflammatory disease	a) Past, (assuming no current risk factors of STIs)					
	(i) with subsequent pregnancy	1		1		Yes
	(ii) without subsequent pregnancy	1		1		Yes
	b) Current	1		1		Yes
Peripartum cardiomyopathy‡	a) Normal or mildly impaired cardiac function					
	(i) < 6 months	4		1		Yes
	(ii) ≥ 6 months	3		1		Yes
	b) Moderately or severely impaired cardiac function	4		2		Yes
Postabortion	a) First trimester	1*		1*		Yes
	b) Second trimester	1*		1*		Yes
	c) Immediately post-septic abortion	1*		1*		Yes
Postpartum (see also Breastfeeding)	a) < 21 days	4		1		Yes
	b) 21 days to 42 days					
	(i) with other risk factors for VTE	3*		1		Yes
	(ii) without other risk factors for VTE	2		1		Yes
c) > 42 days	1		1		Yes	
Postpartum (in breastfeeding or non-breastfeeding women, including post-caesarean section)	a) < 10 minutes after delivery of the placenta					
	b) 10 minutes after delivery of the placenta to < 4 weeks					
	c) ≥ 4 weeks					
	d) Puerperal sepsis					
Pregnancy		NA*		NA*		NA*
Rheumatoid arthritis	a) On immunosuppressive therapy	2		1		Yes
	b) Not on immunosuppressive therapy	2		1		Yes
Schistosomiasis	a) Uncomplicated	1		1		Yes
	b) Fibrosis of the liver‡	1		1		Yes
Severe dysmenorrhea		1		1		Yes
Sexually transmitted infections (STIs)	a) Current purulent cervicitis or chlamydial infection or gonorrhea	1		1		Yes
	b) Other STIs (excluding HIV and hepatitis)	1		1		Yes
Sexually transmitted infections (cont.)	c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1		1		Yes
	d) Increased risk of STIs	1		1		Yes
Smoking	a) Age < 35	2		1		Yes
	b) Age ≥ 35, < 15 cigarettes/day	3		1		Yes
	c) Age ≥ 35, ≥ 15 cigarettes/day	4		1		Yes
Solid organ transplantation‡	a) Complicated	4		2		Yes
	b) Uncomplicated	2*		2		Yes
Stroke‡	History of cerebrovascular accident	4		2	3	Yes
Superficial venous thrombosis	a) Varicose veins	1		1		Yes
	b) Superficial thrombophlebitis	2		1		Yes
Systemic lupus erythematosus‡	a) Positive (or unknown) antiphospholipid antibodies	4		3		Yes
	b) Severe thrombocytopenia	2		2		Yes
	c) Immunosuppressive treatment	2		2		Yes
	d) None of the above	2		2		Yes
Thrombogenic mutations‡		4*		2*		Yes

Condition	Sub-condition	Combined pill, patch, ring		Progestin-only pill		Other Contraception Options Indicated for Patient
		Initiating	Continuing	Initiating	Continuing	
Thyroid disorders	Simple goiter/hyperthyroid/hypothyroid.	1		1		Yes
Tuberculosis‡ (see also Drug Interactions)	a) Non-pelvic	1*		1*		Yes
	b) Pelvic (suspicious for serious condition) before evaluation	1*		1*		Yes
Unexplained vaginal bleeding		2*		2*		Yes
Uterine fibroids		1		1		Yes
Valvular heart disease	a) Uncomplicated	2		1		Yes
	b) Complicated‡	4		1		Yes
Vaginal bleeding patterns	a) Irregular pattern without heavy bleeding	1		2		Yes
	b) Heavy or prolonged bleeding	1*		2*		Yes
Viral hepatitis	a) Acute or flare	3/4*	2	1		Yes
	b) Carrier/Chronic	1	1	1		Yes
<b>Drug Interactions</b>						
Antiretroviral therapy (All other ARVs are 1 or 2 for all methods)	Fosamprenavir (FPV)	3*		2*		Yes
Anticonvulsant therapy	a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3*		3*		Yes
	b) Lamotrigine	3*		1		Yes
Antimicrobial therapy	a) Broad spectrum antibiotics	1		1		Yes
	b) Antifungals	1		1		Yes
	c) Antiparasitics	1		1		Yes
	d) Rifampin or rifabutin therapy	3*		3*		Yes
SSRIs		1		1		Yes
St. John's Wort		2		2		Yes

I = initiation of contraceptive method; C = continuation of contraceptive method; NA = Not applicable

\* Please see the complete guidance for a clarification to this classification:

[www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm](http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm)

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