

UKMEC SUMMARY TABLE HORMONAL AND INTRAUTERINE CONTRACEPTION

Cu-IUD = Copper-bearing intrauterine device; LNG-IUS = Levonorgestrel-releasing intrauterine system; IMP = Progestogen-only implant; DMPA = Progestogen-only injectable: depot medroxyprogesterone acetate; POP = Progestogen-only pill; CHC = Combined hormonal contraception

| CONDITION | Cu-IUD | LNG-IUS | IMP | DMPA | POP | CHC |
|--|--------------------------|--------------------------|-------------------|-----------------------------------|-------------------|--------------------------|
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| PERSONAL CHARACTERISTICS AND REPRODUCTIVE HISTORY | | | | | | |
| Pregnancy | NA | NA | NA | NA | NA | NA |
| Age | Menarche to <20=2, ≥20=1 | Menarche to <20=2, ≥20=1 | After menarche =1 | Menarche to <18=2, 18-45=1, >45=2 | After menarche =1 | Menarche to <40=1, ≥40=2 |
| Parity | | | | | | |
| a) Nulliparous | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Parous | 1 | 1 | 1 | 1 | 1 | 1 |
| Breastfeeding | | | | | | |
| a) 0 to <6 weeks postpartum | See below | | 1 | 2 | 1 | 4 |
| b) ≥6 weeks to <6 months (primarily breastfeeding) | | | 1 | 1 | 1 | 2 |
| c) ≥6 months postpartum | | | 1 | 1 | 1 | 1 |
| Postpartum (in non-breastfeeding women) | | | | | | |
| a) 0 to <3 weeks | | | | | | |
| (i) With other risk factors for VTE | See below | | 1 | 2 | 1 | 4 |
| (ii) Without other risk factors | | | 1 | 2 | 1 | 3 |
| b) 3 to <6 weeks | | | | | | |
| (i) With other risk factors for VTE | See below | | 1 | 2 | 1 | 3 |
| (ii) Without other risk factors | | | 1 | 1 | 1 | 2 |
| c) ≥6 weeks | | | 1 | 1 | 1 | 1 |

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|---|---|---|------------------|---|---|---|
| Postpartum (in breastfeeding or non-breastfeeding women, including post-caesarean section) | | | | | | |
| a) 0 to <48 hours | 1 | 1 | See above | | | |
| b) 48 hours to <4 weeks | 3 | 3 | | | | |
| c) ≥4 weeks | 1 | 1 | | | | |
| d) Postpartum sepsis | 4 | 4 | | | | |
| Post-abortion | | | | | | |
| a) First trimester | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Second trimester | 2 | 2 | 1 | 1 | 1 | 1 |
| c) Post-abortion sepsis | 4 | 4 | 1 | 1 | 1 | 1 |
| Past ectopic pregnancy | 1 | 1 | 1 | 1 | 1 | 1 |
| History of pelvic surgery | 1 | 1 | 1 | 1 | 1 | 1 |
| Smoking | | | | | | |
| a) Age <35 years | 1 | 1 | 1 | 1 | 1 | 2 |
| b) Age ≥35 years | | | | | | |
| (i) <15 cigarettes/day | 1 | 1 | 1 | 1 | 1 | 3 |
| (ii) ≥15 cigarettes/day | 1 | 1 | 1 | 1 | 1 | 4 |
| (iii) Stopped smoking <1 year | 1 | 1 | 1 | 1 | 1 | 3 |
| (iv) Stopped smoking ≥1 year | 1 | 1 | 1 | 1 | 1 | 2 |
| Obesity | | | | | | |
| a) BMI ≥30–34 kg/m ² | 1 | 1 | 1 | 1 | 1 | 2 |
| b) BMI ≥35 kg/m ² | 1 | 1 | 1 | 1 | 1 | 3 |

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|--|----------|----------|----------|----------|----------|---|----------|----------|---|
| History of bariatric surgery | | | | | | | | | |
| a) With BMI <30 kg/m ² | 1 | 1 | 1 | 1 | 1 | 1 | | | |
| b) With BMI ≥30–34 kg/m ² | 1 | 1 | 1 | 1 | 1 | 2 | | | |
| c) With BMI ≥35 kg/m ² | 1 | 1 | 1 | 1 | 1 | 3 | | | |
| Organ transplant | | | | | | | | | |
| a) Complicated: graft failure (acute or chronic), rejection, cardiac allograft vasculopathy | I | C | I | C | 2 | 2 | 2 | 3 | |
| | 3 | 2 | 3 | 2 | | | | | |
| b) Uncomplicated | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | |
| CARDIOVASCULAR DISEASE (CVD) | | | | | | | | | |
| Multiple risk factors for CVD (such as smoking, diabetes, hypertension, obesity and dyslipidaemias) | 1 | 2 | 2 | 3 | 2 | 3 | | | |
| Hypertension | | | | | | | | | |
| a) Adequately controlled hypertension | 1 | 1 | 1 | 2 | 1 | 3 | | | |
| b) Consistently elevated BP levels (properly taken measurements) | | | | | | | | | |
| (i) Systolic >140–159 mmHg or diastolic >90–99 mmHg | 1 | 1 | 1 | 1 | 1 | 3 | | | |
| (ii) Systolic ≥160 mmHg or diastolic ≥100 mmHg | 1 | 1 | 1 | 2 | 1 | 4 | | | |
| c) Vascular disease | 1 | 2 | 2 | 3 | 2 | 4 | | | |
| History of high BP during pregnancy | | | | | | | | | |
| | 1 | 1 | 1 | 1 | 1 | 2 | | | |
| Current and history of ischaemic heart disease | | | | | | | | | |
| | 1 | I | C | I | C | 3 | I | C | 4 |
| | | 2 | 3 | 2 | 3 | | 2 | 3 | |
| Stroke (history of cerebrovascular accident, including TIA) | | | | | | | | | |
| | 1 | I | C | I | C | 3 | I | C | 4 |
| | | 2 | 3 | 2 | 3 | | 2 | 3 | |
| Known dyslipidaemias | | | | | | | | | |
| | 1 | 2 | 2 | 2 | 2 | 2 | | | |

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|--|---|---|---|---|---|---|
| Venous thromboembolism (VTE) | | | | | | |
| a) History of VTE | 1 | 2 | 2 | 2 | 2 | 4 |
| b) Current VTE (on anticoagulants) | 1 | 2 | 2 | 2 | 2 | 4 |
| c) Family history of VTE | | | | | | |
| (i) First-degree relative age <45 years | 1 | 1 | 1 | 1 | 1 | 3 |
| (ii) First-degree relative age ≥45 years | 1 | 1 | 1 | 1 | 1 | 2 |
| d) Major surgery | | | | | | |
| (i) With prolonged immobilisation | 1 | 2 | 2 | 2 | 2 | 4 |
| (ii) Without prolonged immobilisation | 1 | 1 | 1 | 1 | 1 | 2 |
| e) Minor surgery without immobilisation | 1 | 1 | 1 | 1 | 1 | 1 |
| f) Immobility (unrelated to surgery) (e.g. wheelchair use, debilitating illness) | 1 | 1 | 1 | 1 | 1 | 3 |
| Superficial venous thrombosis | | | | | | |
| a) Varicose veins | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Superficial venous thrombosis | 1 | 1 | 1 | 1 | 1 | 2 |
| Known thrombogenic mutations (e.g. factor V Leiden, prothrombin mutation, protein S, protein C and antithrombin deficiencies) | 1 | 2 | 2 | 2 | 2 | 4 |

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|--|---|---|---|---|---|---|
| Valvular and congenital heart disease | | | | | | |
| a) Uncomplicated | 1 | 1 | 1 | 1 | 1 | 2 |
| b) Complicated (e.g. pulmonary hypertension, history of subacute bacterial endocarditis) | 2 | 2 | 1 | 1 | 1 | 4 |
| Cardiomyopathy | | | | | | |
| a) Normal cardiac function | 1 | 1 | 1 | 1 | 1 | 2 |
| b) Impaired cardiac function | 2 | 2 | 2 | 2 | 2 | 4 |
| Cardiac arrhythmias | | | | | | |
| a) Atrial fibrillation | 1 | 2 | 2 | 2 | 2 | 4 |
| b) Known long QT syndrome | I | C | I | C | 1 | 2 |
| | 3 | 1 | 3 | 1 | | |
| NEUROLOGICAL CONDITIONS | | | | | | |
| Headaches | | | | | | |
| a) Non-migrainous (mild or severe) | 1 | 1 | 1 | 1 | 1 | I |
| | | | | | | 1 |
| b) Migraine without aura, at any age | 1 | 2 | 2 | 2 | 2 | I |
| | | | | | | 1 |
| c) Migraine with aura, at any age | 1 | 2 | 2 | 2 | 2 | 4 |
| d) History (≥5 years ago) of migraine with aura, any age | 1 | 2 | 2 | 2 | 2 | 3 |

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| Idiopathic intracranial hypertension (IIH) | 1 | 1 | 1 | 1 | 1 | 2 |
| Epilepsy | 1 | 1 | 1 | 1 | 1 | 1 |
| Taking anti-epileptic drugs | <p>Certain anti-epileptic drugs have the potential to affect the bioavailability of steroid hormones in hormonal contraception.</p> <p>For up-to-date information on the potential drug interactions between hormonal contraception and anti-epileptic drugs, please refer to the online drug interaction checker available on Stockley's Interaction Checker website (https://www.medicinescomplete.com/mc/alerts/current/drug-interactions.htm).</p> | | | | | |
| DEPRESSIVE DISORDERS | | | | | | |
| Depressive disorders | 1 | 1 | 1 | 1 | 1 | 1 |
| BREAST AND REPRODUCTIVE TRACT CONDITIONS | | | | | | |
| Vaginal bleeding patterns | | | | | | |
| a) Irregular pattern without heavy bleeding | 1 | 1 | 2 | 2 | 2 | 1 |
| b) Heavy or prolonged bleeding (includes regular and irregular patterns) | 2 | I | C | 2 | 2 | 1 |
| | | 1 | 2 | | | |
| Unexplained vaginal bleeding (suspicious for serious condition) before evaluation | I | C | I | C | 3 | 2 |
| | 4 | 2 | 4 | 2 | | |
| Endometriosis | 2 | 1 | 1 | 1 | 1 | 1 |
| Benign ovarian tumours (including cysts) | 1 | 1 | 1 | 1 | 1 | 1 |
| Severe dysmenorrhoea | 2 | 1 | 1 | 1 | 1 | 1 |
| Gestational trophoblastic disease (GTD) | | | | | | |
| a) Undetectable hCG levels | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Decreasing hCG levels | 3 | 3 | 1 | 1 | 1 | 1 |
| c) Persistently elevated hCG levels or malignant disease | 4 | 4 | 1 | 1 | 1 | 1 |

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| Cervical ectropion | 1 | 1 | 1 | 1 | 1 | 1 | | |
| Cervical intraepithelial neoplasia (CIN) | 1 | 2 | 1 | 2 | 1 | 2 | | |
| Cervical cancer | | | | | | | | |
| a) Awaiting treatment | I | C | I | C | 2 | 2 | 1 | 2 |
| | 4 | 2 | 4 | 2 | | | | |
| b) Radical trachelectomy | 3 | 3 | 2 | 2 | 1 | 2 | | |
| Breast conditions | | | | | | | | |
| a) Undiagnosed mass/breast symptoms | 1 | 2 | 2 | 2 | 2 | I | C | |
| | | | | | | 3 | 2 | |
| b) Benign breast conditions | 1 | 1 | 1 | 1 | 1 | 1 | | |
| c) Family history of breast cancer | 1 | 1 | 1 | 1 | 1 | 1 | | |
| d) Carriers of known gene mutations associated with breast cancer (e.g. BRCA1/BRCA2) | 1 | 2 | 2 | 2 | 2 | 3 | | |
| e) Breast cancer | | | | | | | | |
| (i) Current breast cancer | 1 | 4 | 4 | 4 | 4 | 4 | | |
| (ii) Past breast cancer | 1 | 3 | 3 | 3 | 3 | 3 | | |
| Endometrial cancer | I | C | I | C | 1 | 1 | 1 | 1 |
| | 4 | 2 | 4 | 2 | | | | |
| Ovarian cancer | 1 | 1 | 1 | 1 | 1 | 1 | | |

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| Uterine fibroids | | | | | | | |
| a) Without distortion of the uterine cavity | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| b) With distortion of the uterine cavity | 3 | 3 | 1 | 1 | 1 | 1 | 1 |
| Anatomical abnormalities | | | | | | | |
| a) Distorted uterine cavity | 3 | 3 | | | | | |
| b) Other abnormalities | 2 | 2 | | | | | |
| Pelvic inflammatory disease (PID) | | | | | | | |
| a) Past PID (assuming no current risk factor for STIs) | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Current PID | I | C | I | C | 1 | 1 | 1 |
| | 4 | 2 | 4 | 2 | | | |
| Sexually transmitted infections (STIs) | | | | | | | |
| a) Chlamydial infection (current) | I | C | I | C | | | |
| (i) Symptomatic | 4 | 2 | 4 | 2 | | | |
| (ii) Asymptomatic | 3 | 2 | 3 | 2 | 1 | 1 | 1 |
| b) Purulent cervicitis or gonorrhoea (current) | 4 | 2 | 4 | 2 | 1 | 1 | 1 |
| c) Other current STIs (excluding HIV & hepatitis) | 2 | 2 | 1 | 1 | 1 | 1 | 1 |
| d) Vaginitis (including Trichomonas vaginalis and bacterial vaginosis) (current) | 2 | 2 | 1 | 1 | 1 | 1 | 1 |
| e) Increased risk for STIs | 2 | 2 | 1 | 1 | 1 | 1 | 1 |

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| HIV INFECTION | | | | | | |
| HIV infection | | | | | | |
| a) High risk of HIV infection | 1 | 1 | 1 | 1 | 1 | 1 |
| b) HIV infected | | | | | | |
| (i) CD4 count ≥ 200 cells/mm ³ | 2 | 2 | 1 | 1 | 1 | 1 |
| (ii) CD4 count < 200 cells/mm ³ | I | C | I | C | 1 | 1 |
| | 3 | 2 | 3 | 2 | | |
| c) Taking antiretroviral (ARV) drugs | <p>Certain ARV drugs have the potential to affect the bioavailability of steroid hormones in hormonal contraception.</p> <p>For up-to-date information on the potential drug interactions between hormonal contraception and ARV drugs, please refer to the online HIV drugs interaction checker (www.hiv-druginteractions.org/Interactions.aspx).</p> | | | | | |
| OTHER INFECTIONS | | | | | | |
| Tuberculosis | | | | | | |
| a) Non-pelvic | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Pelvic | I | C | I | C | 1 | 1 |
| | 4 | 3 | 4 | 3 | | |
| ENDOCRINE CONDITIONS | | | | | | |
| Diabetes | | | | | | |
| a) History of gestational disease | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Non-vascular disease | | | | | | |
| (i) Non-insulin dependent | 1 | 2 | 2 | 2 | 2 | 2 |
| (ii) Insulin dependent | 1 | 2 | 2 | 2 | 2 | 2 |
| c) Nephropathy/retinopathy/neuropathy | 1 | 2 | 2 | 2 | 2 | 3 |
| d) Other vascular disease | 1 | 2 | 2 | 2 | 2 | 3 |

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| Thyroid disorders | | | | | | |
| a) Simple goitre | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Hyperthyroid | 1 | 1 | 1 | 1 | 1 | 1 |
| c) Hypothyroid | 1 | 1 | 1 | 1 | 1 | 1 |
| GASTROINTESTINAL CONDITIONS | | | | | | |
| Gallbladder disease | | | | | | |
| a) Symptomatic | | | | | | |
| (i) Treated by cholecystectomy | 1 | 2 | 2 | 2 | 2 | 2 |
| (ii) Medically treated | 1 | 2 | 2 | 2 | 2 | 3 |
| (iii) Current | 1 | 2 | 2 | 2 | 2 | 3 |
| b) Asymptomatic | 1 | 2 | 2 | 2 | 2 | 2 |
| History of cholestasis | | | | | | |
| a) Pregnancy related | 1 | 1 | 1 | 1 | 1 | 2 |
| b) Past COC related | 1 | 2 | 2 | 2 | 2 | 3 |
| Viral hepatitis | | | | | | |
| a) Acute or flare | 1 | 1 | 1 | 1 | 1 | I 3 C 2 |
| b) Carrier | 1 | 1 | 1 | 1 | 1 | 1 |
| c) Chronic | 1 | 1 | 1 | 1 | 1 | 1 |
| Cirrhosis | | | | | | |
| a) Mild (compensated without complications) | 1 | 1 | 1 | 1 | 1 | 1 |
| b) Severe (decompensated) | 1 | 3 | 3 | 3 | 3 | 4 |

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| Liver tumours | | | | | | |
| a) Benign | | | | | | |
| (i) Focal nodular hyperplasia | 1 | 2 | 2 | 2 | 2 | 2 |
| (ii) Hepatocellular adenoma | 1 | 3 | 3 | 3 | 3 | 4 |
| b) Malignant (hepatocellular carcinoma) | 1 | 3 | 3 | 3 | 3 | 4 |
| Inflammatory bowel disease (including Crohn's disease and ulcerative colitis) | 1 | 1 | 1 | 1 | 2 | 2 |
| ANAEMIAS | | | | | | |
| Thalassaemia | 2 | 1 | 1 | 1 | 1 | 1 |
| Sickle cell disease | 2 | 1 | 1 | 1 | 1 | 2 |
| Iron deficiency anaemia | 2 | 1 | 1 | 1 | 1 | 1 |
| RHEUMATIC DISEASES | | | | | | |
| Rheumatoid arthritis | 1 | 2 | 2 | 2 | 2 | 2 |
| Systemic lupus erythematosus (SLE) | | | | | | |
| a) No antiphospholipid antibodies | 1 | 2 | 2 | 2 | 2 | 2 |
| b) Positive antiphospholipid antibodies | 1 | 2 | 2 | 2 | 2 | 4 |
| Positive antiphospholipid antibodies | 1 | 2 | 2 | 2 | 2 | 4 |
| DRUG INTERACTIONS | | | | | | |
| Taking medication | See section on drug interactions with hormonal contraception. | | | | | |

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