

PRECAUTIONS IN THE PROVISIONS OF PROGESTIN-ONLY CONTRACEPTIVES

Table 1

Do not restrict use of Progestin-only contraceptives for the following conditions (WHO category #1):*
<ul style="list-style-type: none"> ➤ Age 16 or older ➤ Smokers, light or heavy, any age ➤ Obesity ➤ Breastfeeding: 6 weeks postpartum and thereafter ➤ Immediately postpartum, not breastfeeding ➤ Post-abortion: first or second trimester or septic ➤ Benign breast disease or family history of breast cancer ➤ Cervical ectropion ➤ Cholestasis of pregnancy. ➤ Uterine fibroids or endometriosis ➤ Severe dysmenorrhea ➤ Nulliparous or parous ➤ Benign ovarian tumors including cysts and benign uterine fibroids ➤ Prior pelvic surgery ➤ Family history of deep venous thrombosis/pulmonary embolism ➤ History of high blood pressure during pregnancy ➤ Major or minor surgery without immobilization ➤ Superficial venous thrombosis (varicose veins or thrombophlebitis) ➤ Mild headaches ➤ Epilepsy ➤ History of gestational diabetes ➤ Thyroid: goiter, hypothyroid, hyperthyroid ➤ Iron deficiency anemia, Thalassaemia or Sickle Cell Disease ➤ Pelvic Inflammatory disease (PID) past or present ➤ Any STD, HIV-positive or AIDS ➤ Viral hepatitis carrier ➤ Tuberculosis, Malaria or Schistosomiasis ➤ Antibiotics (excluding rifampicin and griseofulvin) ➤ Adequately controlled hypertension where blood pressure can be evaluated with progestin only pills and implants. ➤ Uncomplicated or complicated valvular heart disease ➤ Benign or malignant trophoblastic disease ➤ Endometrial or ovarian cancer- while awaiting treatment ➤ Migraines without focal neurologic symptoms, any age, with POP's <p style="margin-top: 10px;">*See WHO precautions for detailed medical eligibility criteria.</p>

Table 2

Advantages generally outweigh theoretical or proven disadvantages and generally can be provided without restrictions in these conditions (WHO category #2):*
<ul style="list-style-type: none"> ➤ Menarche to less than 18 years with DMPA use ➤ Over 45 years with DMPA use ➤ Past ectopic pregnancy with Progestin-only pills ➤ Multiple risk factors for arterial cardiovascular disease (such as older age, smoking, and hypertension with progestin-only pills and implants ➤ Hypertension by history which cannot be evaluated ➤ Adequately controlled hypertension where blood pressure can be measured with DMPA use ➤ Elevated blood pressure levels (properly taken measurements) systolic 40-159 or diastolic 90-99 with DMPA use ➤ History of deep venous thrombosis/pulmonary embolism ➤ Major surgery with prolonged immobilization ➤ Known hyperlipidemia ➤ Migraine headaches without focal neurological symptoms or initiating any progestin-only method with focal neurological symptoms ➤ Irregular menstrual bleeding patterns ➤ Heavy or prolonged bleeding patterns ➤ Cervical intraepithelial neoplasia ➤ Cervical cancer awaiting treatment ➤ Breast mass-undiagnosed ➤ Diabetes, non-insulin and insulin dependant ➤ Gallbladder disease ➤ History of cholestasis, past combined contraceptive related ➤ Cirrhosis, mild ➤ Unexplained abnormal vaginal bleeding suspicious for a serious underlying condition (POP) ➤ Known thrombogenic mutations (e.g. Factor V Leiden; Prothrombin mutation; Protein S, Protein C and Antithrombin deficiencies) ➤ Antiretroviral therapy ➤ Known hyperlipidemia ➤ Drugs which affect liver enzymes: rifampicin with depo-provera use; certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine with depo-provera use ➤ Antibiotic Griseofulvin with progestin-only pills and implants <p style="margin-top: 10px;">*See WHO precautions for detailed medical eligibility criteria.</p>

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Table 3

Exercise caution if Progestin-only contraceptives are used or considered in the following situations and carefully monitor for adverse effects (**WHO category #3**):*

- Breastfeeding less than 6 weeks postpartum
- Certain medications: Antiseizure: phenytoin (Dilantin), carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine with progestin-only pills and implants.
Antibiotics: rifampin/rifampicin with progestin-only pills and implants
- Liver conditions such as severe decompensated cirrhosis, adenoma or cancer, active viral hepatitis
- Current and history of ischemic heart disease and stroke with DMPA and with **continuing** use of progestin only pills and implants
- Diabetes with nephropathy, retinopathy, and neuropathy or of over 20 years duration with **DMPA**
- Unexplained abnormal vaginal bleeding suspicious for a serious underlying condition DMPA
- Past and no evidence of current breast cancer for 5 years
- Migraines with aura, any age, continuing use
- Current deep vein thrombosis/pulmonary embolism
- Elevated blood pressure levels (properly taken measurements) systolic 160 or greater or diastolic 100 or greater with DMPA
- Multiple risk factors for arterial cardiovascular disease (such as older age, smoking, diabetes and hypertension) with DMPA

*See WHO precautions for detailed medical eligibility criteria.

Table 4

Refrain from providing Progestin-only contraceptives for women with the following diagnoses (**WHO category #4**):*

- Pregnancy
- Current Breast cancer

*See WHO precautions for detailed medical eligibility criteria.