

WHO Medical Eligibility Criteria for starting Contraceptive Methods

CONDITION	OCP	DMPA	Implants	Condoms	TCu-380A IUD
Pregnant	NA	NA	NA	NA	N
Age (years)					
Less than 18 (< 20 for IUD)	Y	Y	Y	Y	Y
18 to 39	Y	Y	Y	Y	Y
40 to 45	Y	Y	Y	Y	Y
Over 45	Y	Y	Y	Y	Y
Parity					
Nulliparous (has no children)	Y	Y	Y	Y	Y
Parous (has children)	Y	Y	Y	Y	Y
Breastfeeding					
Less than 6 weeks after childbirth	N	N	N	Y	N
6 weeks to 6 months after child birth (fully or almost fully breastfeeding)	N	Y	Y	Y	Y
6 month or more after child birth	Y	Y	Y	Y	Y
Postpartum (non-breastfeeding women)					
Less than 28 days after child birth	N	Y	Y	Y	N
28 or more days after child birth	Y	Y	Y	Y	Y ^{ao}
Post-abortion					
First trimester	Y	Y	Y	Y	Y
Second trimester	Y	Y	Y	Y	Y
After septic abortion ^{aq}	Y	Y	Y	Y	N
Past ectopic pregnancy	Y	Y	Y	Y	Y
Smoking					
Less than age 35	Y	Y	Y	Y	Y
Age 35 and over					
& Light smoker (fewer than 15 cigarettes per day)	N	Y	Y	Y	Y
& Heavy smoker (15 or more cigarettes per day)	N	Y	Y	Y	Y
Obesity (body mass index >30)	Y	Y	Y	Y	Y
Multiple cardiovascular risks^h	N	N	Y	Y	Y
High blood pressure (hypertension)					
Systolic 140-159 or diastolic 90-99	N	Y	Y	Y	Y
Systolic 160 or diastolic 100	N	N	Y	Y ^d	Y
Adequately controlled hypertension where blood pressure can be monitored	N	Y	Y	Y	Y
Past hypertension where blood pressure cannot be evaluated	N	Y	Y	Y	Y
Past hypertension during pregnancy where current	Y	Y	Y	Y	Y

NA = not applicable to decision to use method.

Y= Can use the method (benefit outweighs the risk)

N= Should not use the method (risk outweighs benefit)

ao. Can start 6 weeks after child birth.

aq. That is, immediately after abortion involving genital tract infection.

h.Risk factors for arterial disease such as age > 35 , smoking , diabetes, high blood pressure.

d. Higher typical failure rates of this method may expose the user to an unacceptable risk of dangerous unintended pregnancy.

pressure is normal

CONDITION	OCP	DMPA	Implants	Condoms	TCu-380A IUD
Thromboembolic disorderⁱ (DVT/PE)					
Current thrombo embolic disorder	N	N	N	Y	Y
Past thrombo embolic disorder*	N	Y	Y	Y	Y
Varicose veins					
	Y	Y	Y	Y	Y
Superficial thrombophelitis^m					
	Y	Y	Y	Y	Y
Major surgery					
With prolonged immobilization or surgery on the legs	N	Y	Y	Y	Y
Without prolonged immobilization	Y	Y	Y	Y	Y
Ischaemic heart disease^k					
Current ischemic heart disease	N	N	N	Y ^d	Y
Past ischemic heart disease	N	N	Y	Y ^d	Y
Valvular heart disease					
Without complication	Y	Y	Y	Y	Y
With complication ^l	N	Y	Y	Y ^d	Y
Stroke (past cerabro vascular accident)					
	N	N	N	Y	Y
Headaches					
Non migraine headaches , mild or severe	Y	Y	Y	Y	Y
Migraine without focal neurological symptoms ⁿ					
Less than age 35	Y	Y	Y	Y	Y
Age 35 and older	N	Y	Y	Y	Y
Migraine with focal neurological symptoms ^{n,o}	N	Y	Y	Y	Y
Epilepsy					
	Y	Y	Y	Y	Y
Depressive disorders					
	Y	Y	Y	Y	Y
Vaginal bleeding patterns					
Irregular without heavy or prolong bleeding	Y	Y	Y	Y	Y
Irregular with heavy or prolong bleeding	Y	Y	Y	Y	Y ^q
Unexplained abnormal vaginal bleeding	Y	N	N	Y	N
Severe dysmenorrhoea (pain during menstruation)					
	Y	Y	Y	Y	Y
Endometriosis					
	Y	Y	Y	Y	Y
Uterine fibroids					
	Y	Y	Y	Y	Y ^{ac}
Anatomical abnormalities					
Distorted uterine cavity	-	-	-	-	N ^{al}
Other abnormalities not distorting the uterine cavity	-	-	-	-	Y
Ovarian cancer					
	Y	Y	Y	Y	N
Benign ovarian tumours (including cyst)					
	Y	Y	Y	Y	Y
Tropoblast disease					
Benign	Y	Y	Y	Y	N

i. Circulatory disease due to blood clots.

m.Inflammation of a vein just beneath the skin.

k. Heart disease due to blocked arteries.

l. Pulmonary hypertension, risk of arterial fibrillation, history of subacute bacterial endocarditis, or taking anticoagulant drugs.

n. Focal neurological symptoms blurred vision, temporary loss of vision, sees flashing lights or zigzag lines, or has brief trouble speaking or moving.

o. Regardless of age.

q. No, if client is anaemic. Also, unusually heavy bleeding may indicate a serious underline condition.

ac. No, if uterine fibroids distorting the uterine cavity.

al. Any abnormality distorting the uterine cavity so that proper IUD insertion is not possible

an. Including uterine fibroids, cervical stenosis, or cervical lacerations.

Malignant	Y	Y	Y	Y ^d	N
CONDITION	OCP	DMPA	Implants	Condoms	TCu-380A IUD
Cervical cancer (awaiting treatment)	Y	Y	Y	Y ^d	N
Non cancerous cervical lesions (cervical intra epithelial neoplasia)	Y	Y	Y	Y	Y
Endometrial cancer	Y	Y	Y	Y ^d	N
Breast Cancer					
Current	N	N	N	Y ^d	Y
Past with no evidence of disease in last 5 years	N	N	N	Y	Y
Breast lump (Undiagnosed)	Y	Y	Y	Y	Y
Benign breast disease	Y	Y	Y	Y	Y
Family history of breast cancer	Y	Y	Y	Y	Y
Pelvic inflammatory disease (PID)					
Past PID (no known current risk of STDs)					
Became pregnant since PID	Y	Y	Y	Y	Y
Has not become pregnant since PID	Y	Y	Y	Y	Y
Current PID or in last 3 months ^s	Y	Y	Y	Y	N
Sexually transmitted disease (STD ^u)					
Current STD (including purulent cervicitis) ^v	Y	Y	Y	Y	N
STD in last 3 months (no symptoms persisting after treatment)	Y	Y	Y	Y	N
Vaginitis without purulent cervicitis ^{v,w}	Y	Y	Y	Y	Y ^w
Increased risk of STDs ^x	Y	Y	Y	Y	N
HIV infection / AIDS^u					
HIV infected	Y	Y	Y	Y ^d	Y
High risk of HIV infection ^x	Y	Y	Y	Y	Y
AIDS	Y	Y	Y	Y ^d	N ^z
Urinary tract infection *	-	-	-	-	-
Past toxic shock syndrome	-	-	-	Y	-
Schistosomiasis					
Without complication	Y	Y	Y	Y	Y
With fibrosis of the liver	Y	Y	Y	Y ^d	Y
With severe fibrosis of the liver	N	N	N	Y ^d	Y
Tuberculosis					
Non pelvic	Y	Y	Y	Y ^d	Y
Pelvic	Y	Y	Y	Y ^d	N
Malaria	Y	Y	Y	Y	Y
Diabetes					
Past elevated blood sugar levels during pregnancy	Y	Y	Y	Y	Y
Diabetes without vascular disease					
Not treated with insulin	Y	Y	Y	Y	Y
Treated with insulin	Y	Y	Y	Y ^d	Y
Diabetes with vascular disease or	N	N	Y	Y ^d	Y

d. Higher typical failure rates of this method may expose the user to an unacceptable risk of dangerous unintended pregnancy.

s. Including endometritis (inflammation of the lining of the uterus) following childbirth or abortion.

u. Barrier methods especially condoms are always recommended for prevention of STDs, including HIV/ AIDS.

v. Purulent cervicitis = a pus like discharge from the opening of cervix.

w. In areas where STD incidence is high, vaginitis may indicate an STD.

x. For example, currently has or will have more than one sex partner or a partner who has more than one partner.

z. For IUDs, HIV infected or any other medical condition or medication that makes the body less able to fight the infection.

*Condition not listed by WHO for this method ; does not affect eligibility for method use.

d. Higher typical failure rates of this method may expose the user to an unacceptable risk of dangerous unintended pregnancy.

diabetes for more than 20 years					
CONDITION	OCP	DMPA	Implants	Condoms	TCu-380A IUD
Thyroid					
Simple goitre	Y	Y	Y	Y	Y
Hyperthyroid	Y	Y	Y	Y	Y
Hypothyroid	Y	Y	Y	Y	Y
Gallbladder disease					
Current disease	N	Y	Y	Y	Y
Treated with medication	N	Y	Y	Y	Y
Without symptoms or surgically treated	Y	Y	Y	Y	Y
Past cholestasis (jaundice)					
Related to pregnancy	Y	Y	Y	Y	Y
Related to past combined oral contraceptive use	N	Y	Y	Y	Y
Viral Hepatitis					
Active disease*	N	Y	Y	Y	Y
Carrier	Y	Y	Y	Y	Y
Cirrhosis of the liver					
Mild (compensated)*	Y	Y	Y	Y	Y
Severe (decompensated)	N	N	N	Y ^d	Y
Liver tumours					
Benign*	Y	Y	Y	Y	Y
Malignant	N	N	N	Y ^d	Y
Thalassemia (inherited anaemia)	Y	Y	Y	Y	Y
Sickle cell disease	Y	Y	Y	Y ^d	Y
Iron deficiency anaemia					
Haemoglobin 7 g/dl - 10 g/dl	Y	Y	Y	Y	Y
Haemoglobin less than 7 g/dl	Y	Y	Y	Y	Y
Coagulation (blood clotting) disorders*	-	-	-	-	-
Drug interaction					
Taking the antibiotics rifampin (rifampicin) or griseofulvin	N	Y	N	Y	Y
Taking other antibiotics	Y	Y	Y	Y	Y
Taking anticonvulsants for epilepsy except valproic acid* ^{af}	N	Y	N	Y	Y
Allergy to latex	-	-	-	N ^{ag}	-
Other drug use					
Mood altering drugs, lithium therapy, tricyclic antidepressants or anti-anxiety therapies	-	-	-	-	-

d. Higher typical failure rates of this method may expose the user to an unacceptable risk of dangerous unintended pregnancy.

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ag. Allergy to latex is not a problem with plastic condoms.

af. Barbiturates, phenytoin, carbamazepine, primidone.

Source: Medical Eligibility Criteria for Contraceptive Use, Third Edition, 2004, and 2008 update, WHO, Geneva.

Last update on: 12.05.2009

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