

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

Pages 1,2Color coded in the left column to match the corresponding question of the Oregon Self-Screening Risk Assessment Questionnaire.

Pages 3,4Arranged 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 June 2012. This summary sheet only contains a subset of the recommendations from the USMEC. For complete guidance, see: <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/USMEC.htm>

Corresponding to the order of the Oregon Self-Screening Contraception Risk Assessment Questionnaire:

| Condition | Sub-condition | Combined pill, patch | | Progestin-only pill | | Other Contraception Options Indicated for Patient | | |
|--|---|--|------------|---------------------------------------|------------|---|-------------------|-------------------|
| | | Initiating | Continuing | Initiating | Continuing | | | |
| a. Age | | Menarche to <40=1 >40=2 | | Menarche to <18=1 18-45=1 >45=1 | | Yes | | |
| | b. Smoking | a) Age < 35 b) Age ≥ 35, < 15 cigarettes/day c) Age ≥ 35, ≥15 cigarettes/day | | 2 3 4 | | 1 1 1 | Yes Yes Yes | |
| | c. Pregnancy | (Not Eligible for contraception) | | NA* | | NA* | NA* | |
| d. 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 | | |
| e. Breastfeeding (see also Postpartum) | c) > 42 days | 1 | | 1 | | Yes | | |
| | a) < 1 month postpartum b) 1 month or more postpartum | 3* 2* | | 2* 1* | | Yes Yes | | |
| f. Diabetes mellitus (DM) | a) History of gestational DM only | 1 | | 1 | | Yes | | |
| | b) Non-vascular disease | | | | | | | |
| | b) Other abnormalities: | | | | | | | |
| | (i) non-insulin dependent | 2 | | 2 | | Yes | | |
| | (ii) insulin dependent‡ | 2 | | 2 | | Yes | | |
| | c) Nephropathy/ retinopathy/ neuropathy‡ d) Other vascular disease or diabetes of >20 years' duration‡ | 3/4* 3/4* | | 2 | | Yes Yes | | |
| g. Headaches | a) Non-migrainous | 1* 2* | | 1* 1* | | Yes | | |
| | b) Migraine: | | | | | | | |
| | i) without aura, age <35 ii) without aura, age ≥35 iii) with aura, any age | 2* 3* 4* | | 3* 4* 4* | | 1* 1* 2* | 2* 2* 3* | Yes Yes Yes |
| | h. Hypertension | a) Adequately controlled hypertension | 3* | | 1* | | Yes | |
| b) Elevated blood pressure levels (properly taken measurements): | | | | | | | | |
| (i) systolic 140-159 or diastolic 90-99 (ii) systolic ≥160 or diastolic ≥100‡ | | 3 4 | | 1 2 | | Yes Yes | | |
| c) Vascular disease | | 4 | | 2 | | Yes | | |
| i. History of high blood pressure during pregnancy | 2 | | 1 | | Yes | | | |
| j. Hyperlipidemias | 2/3* | | 2* | | Yes | | | |
| k. Peripartum cardiomyopathy‡ | a) Normal or mildly impaired cardiac function: | | | | | | | |
| | (i) < 6 months (ii) ≥ 6 months | 4 3 | | 1 1 | | Yes Yes | | |
| | b) Moderately or severely impaired cardiac function | 4 | | 2 | | Yes | | |
| l. Multiple risk factors for arterial cardiovascular disease (such as older age, smoking, diabetes and hypertension) | 3/4* | | 2* | | Yes | | | |
| m. Ischemic heart disease‡ | Current and history of | 4 | | 2 3 | | Yes | | |
| n. Valvular heart disease | a) Uncomplicated b) Complicated‡ | 2 4 | | 1 1 | | Yes Yes | | |
| | o. Stroke‡ | 4 | | 2 3 | | Yes | | |
| p. Thrombogenic mutations‡ | | 4* | | 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
 ‡ Condition that exposes a woman to increased risk as a result of unintended pregnancy.

| Condition | Sub-condition | Combined pill, patch | | Progestin-only pill | | Other Contraception Options Indicated for Patient |
|---|---|----------------------|------------|---|------------|---|
| | | Initiating | Continuing | Initiating | Continuing | |
| q. 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 | |
| r. History of bariatric surgery‡ | a) Restrictive procedures | 1 | | 1 | | Yes |
| | b) Malabsorptive procedures | COCs: 3 | | 3 | | Yes |
| s. 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 | |
| t. Viral hepatitis | a) Acute or flare | 3/4* | | 2 | | Yes |
| | b) Carrier/Chronic | 1 | | 1 | | Yes |
| u. Cirrhosis | a) Mild (compensated) | 1 | | 1 | | Yes |
| | b) Severe‡ (decompensated) | 4 | | 3 | | Yes |
| v. Liver tumors | a) Benign: | | | | | |
| | i) Focal nodular hyperplasia | 2 | | 2 | | Yes |
| | ii) Hepatocellular adenoma‡ | 4 | | 3 | | Yes |
| b) Malignant‡ | 4 | | 3 | | Yes | |
| w. 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 | |
| x. History of Cholestasis | a) Pregnancy-related | 2 | | 1 | | Yes |
| | b) Past COC-related | 3 | | 2 | | Yes |
| y. 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 |
| z. Rheumatoid arthritis | a) On immunosuppressive therapy | 2 | | 1 | | Yes |
| | b) Not on immunosuppressive therapy | 2 | | 1 | | Yes |
| aa. Blood Conditions & Anemias | a) Thalassemia | 1 | | 1 | | Yes |
| | b) Sickle Cell Disease‡ | 2 | | 1 | | Yes |
| | c) Iron-deficiency anemia | 1 | | 1 | | Yes |
| bb. Epilepsy‡ | (see also Drug Interactions) | 1* | | 1* | | Yes |
| cc. Tuberculosis‡ (see also Drug Interactions) | a) Non-pelvic | 1* | | 1* | | Yes |
| | b) Pelvic | 1* | | 1* | | Yes |
| dd. HIV | High risk | 1 | | 1 | | Yes |
| | HIV infected (see also Drug Interactions)‡ | 1* | | 1* | | Yes |
| | AIDS (see also Drug Interactions) ‡ | 1* | | 1* | | Yes |
| | Clinically well on therapy | | | If on treatment, see Drug Interactions. | | |
| ee. Antiretroviral therapy | a) Nucleoside reverse transcriptase inhibitors | 1* | | 1 | | Yes |
| | b) Non-nucleoside reverse transcriptase inhibitors | 2* | | 2* | | Yes |
| | c) Ritonavir-boosted protease inhibitors | 3* | | 3* | | Yes |
| ff. Anticonvulsant therapy | a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine) | 3* | | 3* | | Yes |
| | b) Lamotrigine | 3* | | 1 | | Yes |
| gg. Antimicrobial therapy | a) Broad spectrum antibiotics | 1 | | 1 | | Yes |
| | b) Antifungals | 1 | | 1 | | Yes |
| | c) Antiparasitics | 1 | | 1 | | Yes |
| | d) Rifampicin or rifabutin therapy | 3* | | 3* | | 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

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

| Condition | Sub-condition | Combined pill, patch | | Progestin-only pill | | Other Contraception Options Indicated for Patient |
|--|--|----------------------|------------|---------------------|------------|---|
| | | Initiating | Continuing | Initiating | Continuing | |
| Anemias | a) Thalassemia | 1 | | 1 | | Yes |
| | b) Sickle cell disease‡ | 2 | | 1 | | Yes |
| | c) Iron-deficiency anemia | 1 | | 1 | | |
| Benign ovarian tumors | (including cysts) | 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) < 1 month postpartum | 3* | | 2* | | Yes |
| | b) 1 month or more 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 |
| 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 DM only | 1 | | 1 | | Yes |
| | b) Non-vascular disease | | | | | |
| Diabetes mellitus (cont.) | (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 |
| 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 |
| 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-migrainous | 1* | 2* | 1* | 1* | Yes |
| | b) Migraine | | | | | |
| | i) without aura, age <35 | 2* | 3* | 1* | 2* | Yes |
| | ii) without aura, age ≥35 | 3* | 4* | 1* | 2* | Yes |
| | iii) with aura, any age | 4* | 4* | 2* | 3* | Yes |
| History of bariatric surgery‡ | a) Restrictive procedures | 1 | | 1 | | Yes |
| | b) Malabsorptive procedures | | COCs: 3 | | 3 | Yes |
| | | | P/R: 1 | | | |
| 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 | High risk | 1 | | 1 | | Yes |
| | HIV infected (see also Drug Interactions)‡ | 1* | | 1* | | Yes |
| | AIDS (see also Drug Interactions) ‡ | 1* | | 1* | | Yes |
| | Clinically well on therapy | | | | | |
| Hyperlipidemias | | 2/3* | | 2* | | Yes |
| Hypertension | a) Adequately controlled hypertension | 3* | | 1* | | Yes |
| | b) Elevated blood pressure levels | | | | | |
| | (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 |

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

| Condition | Sub-condition | Combined pill, patch | | Progestin-only pill | | Other Contraception Options Indicated for Patient |
|---|---|----------------------|------------|---------------------|------------|---|
| | | Initiating | Continuing | Initiating | Continuing | |
| | ii) Hepatocellular adenoma‡ | 4 | | 3 | | Yes |
| | b) Malignant‡ | 4 | | 3 | | Yes |
| 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) ≥30 kg/m ² body mass index (BMI) | 2 | | 1 | | Yes |
| | b) Menarche to < 18 years and ≥ 30 kg/m ² 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 |
| 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-cesarean 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 |
| | 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 |
| Thyroid disorders | Simple goiter/ hyperthyroid/hypothyroid. | 1 | | 1 | | Yes |
| Tuberculosis‡ (see Drug Interactions) | a) Non-pelvic | 1* | | 1* | | Yes |
| | b) Pelvic | 1* | | 1* | | Yes |
| Unexplained vaginal bleeding | (suspicious for serious condition) before evaluation | 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 |
| Antiretroviral therapy | a) Nucleoside reverse transcriptase inhibitors | 1* | | 1 | | Yes |
| | b) Non-nucleoside reverse transcriptase inhibitors | 2* | | 2* | | Yes |
| | c) Ritonavir-boosted protease inhibitors | 3* | | 3* | | 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) Rifampicin or rifabutin therapy | 3* | | 3* | | 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

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

Oregon Board of Pharmacy- 2015