

## Recommendations for Hormonal Contraceptives for Women with History of Thromboembolism

<u>CONDITION</u>	<u>COCs</u>	<u>Progestin-Only Contraceptives</u>		
		<u>POPs</u>	<u>DMPA</u>	<u>NOR</u>
<b>DVT or PE</b>				
a) Hx of DVT or PE	4	2	2	2
b) Current DVT or PE	4	3	3	3
c) Family Hx DVT/PE 1st degree relative	2			
d) Major surgery				
with prolonged immobilization	4	2	2	2
without prolonged immobilization	2	1	1	1
e) Minor surgery without immobilization	1	1	1	1
<b>Superficial Venous Thrombosis</b>				
a) Varicose veins	1	1	1	1
b) Superficial thrombophlebitis	2	1	1	1
	<u>I*</u> <u>C**</u>			<u>I</u> <u>C</u>
Current and Hx of Ischemic Heart Disease	4	2 3	3	2 3
		<u>I</u> <u>C</u>		<u>I</u> <u>C</u>
History of Stroke	4	2 3	3	2 3
<b>Postpartum</b>				
a) Less than 21 days	3	1	1	1
b) 21 or more days	1	1	1	1
<b>Post-Abortion</b>				
a) First trimester	1	1	1	1
b) Second trimester	1	1	1	1
c) Post-septic abortion	1	1	1	1
<b>Valvular heart disease</b>				
a) Uncomplicated	2	1	1	1
b) Complicated (pulmonary hypertension, atrial fibrillation, Hx SBE)	4	1	1	1

**I\*** Initiate

**C\*\*** Continue using

The *World Health Organization (WHO) Medical Eligibility Criteria* for starting reversible contraceptives establish a numerical value for determining whether a person with a certain condition may use a specific method. Here is what the numerical WHO values mean:

- **WHO 1: Can use** the method. No restriction on use.
- **WHO 2: Can use** the method. Advantages generally outweigh theoretical or proven risks. If method is chosen, more than usual follow-up may be needed.
- **WHO 3: Should not** use the method unless clinician makes clinical judgment that the patient can safely use it. Theoretical or proven risks usually outweigh the advantages of method. Method of last choice, for which regular monitoring may be needed.
- **WHO 4: Should not** use the method. Condition represents an unacceptable health risk if method is used.

*Source: World Health Organization. Updated World Health Organization recommendations for the provision of hormonal contraceptives to women with a history of thromboembolism or other conditions potentially making a woman susceptible to thromboembolic events. Geneva, 2000. (Editor's note: WHO Medical Eligibility Criteria for Starting Contraceptive Methods, which provided information for this chart, originally was published in 1996. Updated eligibility criteria have been completed and were in press at this printing.)*