Quick-Start Contraception
Many women are not fully protected from unintended pregnancy.

28 million U.S. women at risk for unintended pregnancy

- Nonuse all year - 8%
- Inconsistent use - 27%
- At-risk gap use - 15%
- Consistent, long-acting method use - 50%
Unintended pregnancy rate by race/ethnicity/income

Unintended pregnancies per 1,000 women

Below poverty level

Above poverty level

- all
- white
- latina
- black
Why do women experience unintended pregnancies?
<table>
<thead>
<tr>
<th>Effectiveness</th>
<th>Birth Control Type</th>
<th>Typical-Use Pregnancy Rate</th>
<th>Perfect-Use Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ineffective</td>
<td>Chance</td>
<td>85%</td>
<td>85%</td>
</tr>
<tr>
<td>Less Effective</td>
<td>Condoms</td>
<td>14%</td>
<td>3%</td>
</tr>
<tr>
<td>More Effective</td>
<td>Pill, patch, ring</td>
<td>8%</td>
<td>1-3%</td>
</tr>
<tr>
<td></td>
<td>IUDs</td>
<td>0.8%-2%</td>
<td>0.8-2%</td>
</tr>
<tr>
<td>Highly Effective</td>
<td>Injectable (Depo)</td>
<td>0.1-0.3%</td>
<td>0.1-0.3%</td>
</tr>
<tr>
<td></td>
<td>Implant/Sterilization</td>
<td>0.1-0.3%</td>
<td>0.1-0.3%</td>
</tr>
</tbody>
</table>

Yolanda

17 year-old high school senior

Requests pregnancy test, birth control pill

Had unprotected sex 4 days ago

Urine pregnancy test is negative.

What do you do next?
Emergency Contraception:

Levonorgestrel (Plan B)

Take at once, up to 5 days after unprotected sex.
Lowers risk of pregnancy by 58-89%
Low efficacy for women with BMI > 25
Levonorgestrel EC: Mechanism of Action

Inhibits ovulation

Does NOT cause abortion
Ulipristal acetate: a new emergency contraceptive option

Decreases risk of unintended pregnancy by about 90%

Maintains nearly full efficacy up to 5 days after unprotected intercourse

Maintains efficacy up to BMI of 35
Hormonal Contraceptives

What is needed before prescribing?

- **Medical history**: REQUIRED
- **Blood pressure**: RECOMMENDED
- **Pap smear**, **Pelvic/breast exam**, **STI testing**, **Hemoglobin**: NOT REQUIRED
Hormonal Contraceptives
Which women/teens can’t use estrogen?

Estrogen contraindications:
• Migraine with aura
• Uncontrolled hypertension
• Postpartum < 6 weeks
• History of DVT

Smoking: NOT a contraindication in women/teens under age 35
Yolanda is eligible for the pill.

When should she start?
Quick start

- Start new method today (pill, patch, ring, or shot).
- Offer EC today if needed.
- Begin new method in the office, if possible.
How many refills should we give Yolanda?
Quick start for implant and IUDs

- Copper IUD has nearly 100% efficacy as EC, regardless of BMI.
- Progestin IUD and implant can be quick-started, using oral EC as well if needed.
Quick start algorithm has helpful details for each method.

1. Pill, Patch, Ring, Injection

First day of last menstrual period (LMP) is:

≤ 5 days ago
- Start method today

> 5 days ago
- Urine pregnancy test: negative

Unprotected sex since LMP:

5 days ago
- Offer

> 5 days ago
- Advice that negative

Both < and > 5 days ago
- Offer

None
- Start
Take-home message:
Be pro-active with contraception!

Ask about contraceptive needs at all types of visits.

Don’t delay: start the new method today!
References and Resources

- Hatcher et al, *Contraceptive Technology 2007*
- Managing Contraception – book online @ [www.managingcontraception.org](http://www.managingcontraception.org)
- Medical Eligibility Criteria for Contraceptive Use 2010 by WHO [www.who.int/reproductive-health](http://www.who.int/reproductive-health)
- Association of Reproductive Health Professionals [www.arhp.org](http://www.arhp.org)
- Alan Guttmacher Institute [www.agi-usa.org](http://www.agi-usa.org)
- Planned Parenthood [www.plannedparenthood.org](http://www.plannedparenthood.org)
- The Cochrane Collaboration [www.cochrane.org](http://www.cochrane.org)
- [www.Not-2-Late.com](http://www.Not-2-Late.com)
- Reproductive Health Access Project [www.reproductiveaccess.org](http://www.reproductiveaccess.org)