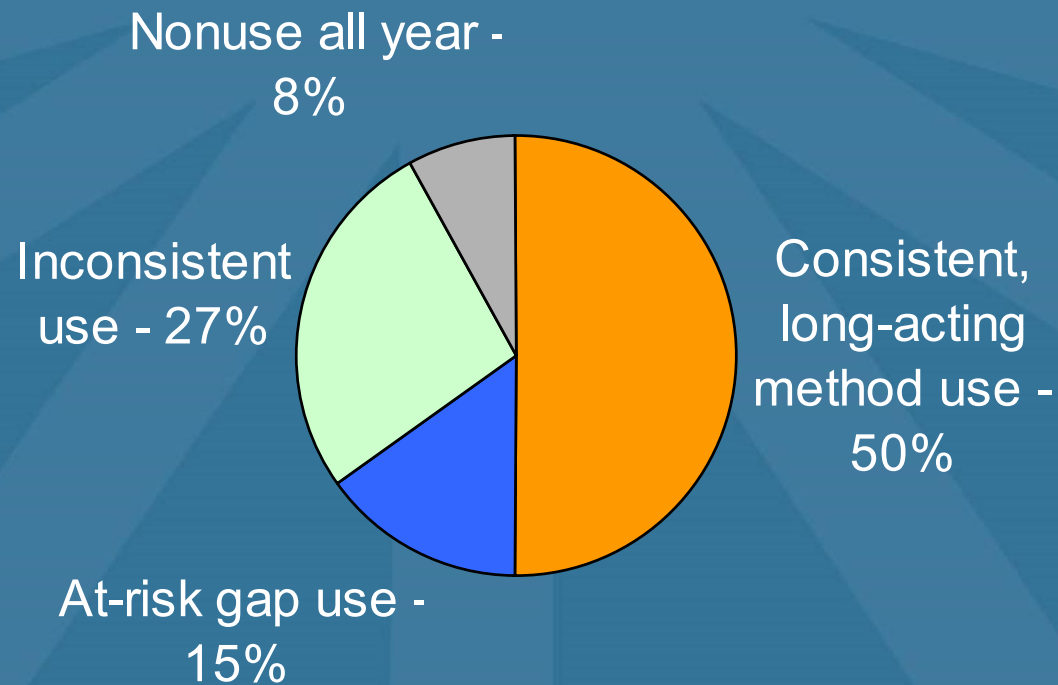


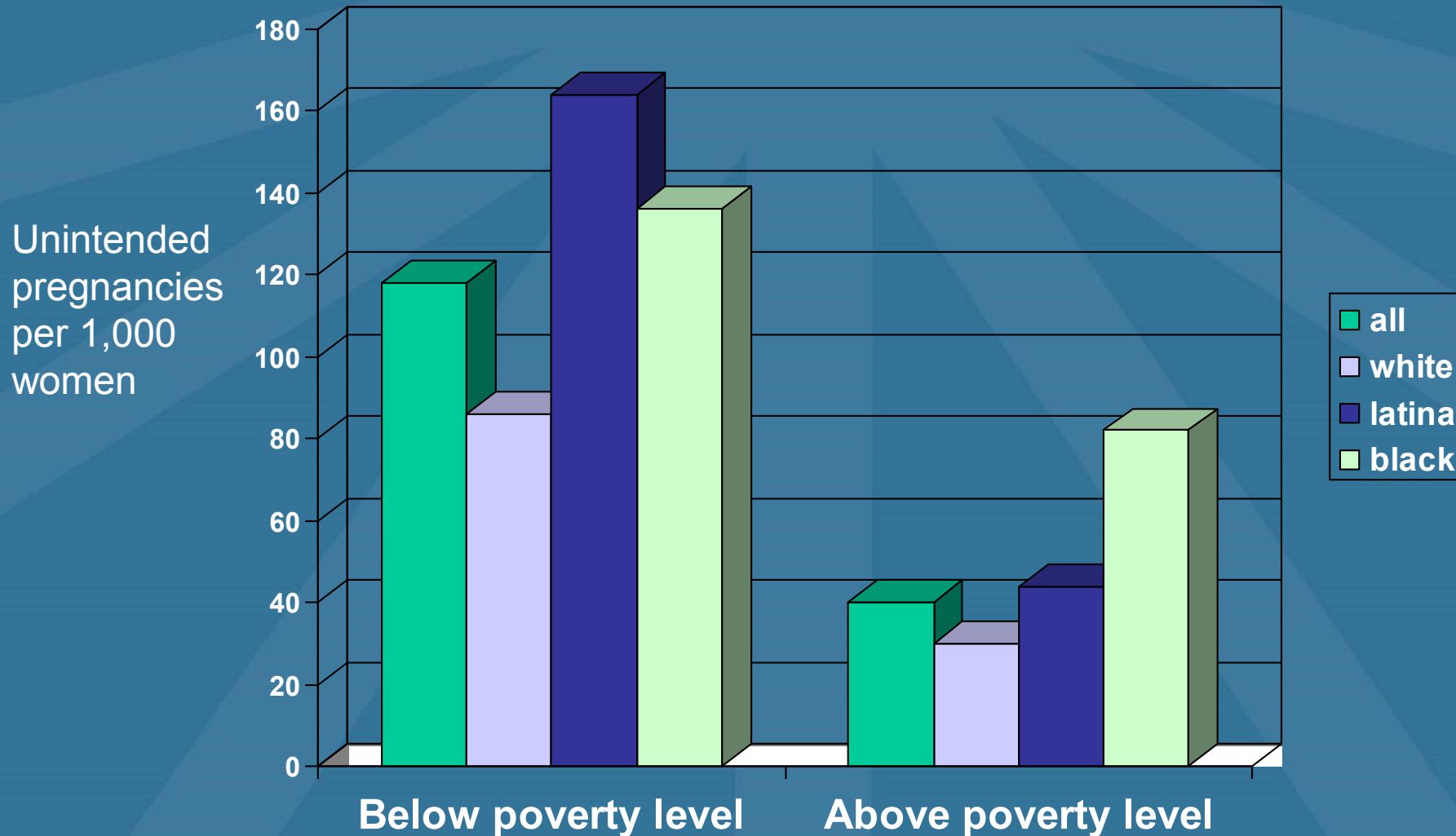
Quick-Start Contraception

Many women are not fully protected from unintended pregnancy.



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

Unintended pregnancy rate by race/ethnicity/income



Why do women experience unintended pregnancies?

One-year Failure Rates

Effectiveness	Birth Control Type	Typical-Use Pregnancy Rate	Perfect-Use Rate
Ineffective	Chance	85%	85%
Less Effective	Condoms	14%	3%
More Effective	Pill, patch, ring	8%	1-3%
Highly Effective	IUDs	0.8%-2%	0.8-2%
	Injectible (Depo)	0.1-0.3%	0.1-0.3%
	Implant/Sterilization	0.1-0.3%	0.1-0.3%

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%

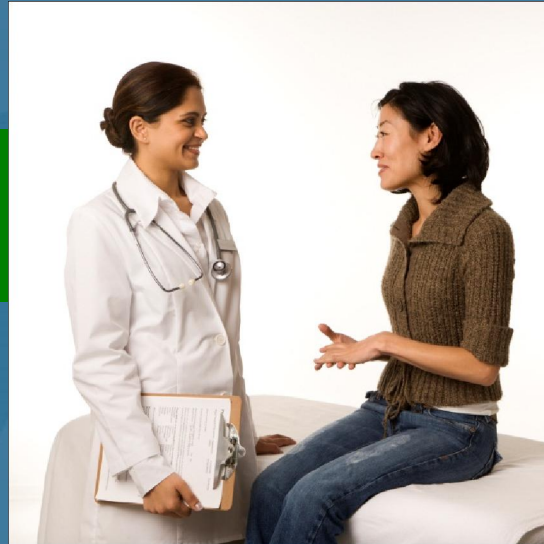
Maintains nearly full efficacy up to 5 days after unprotected intercourse

Maintains efficacy up to BMI of 35

Hormonal Contraceptives

What is needed before prescribing?

Medical history
REQUIRED



Pap smear
Pelvic/breast exam
STI testing
Hemoglobin
NOT REQUIRED

Blood pressure
RECOMMENDED



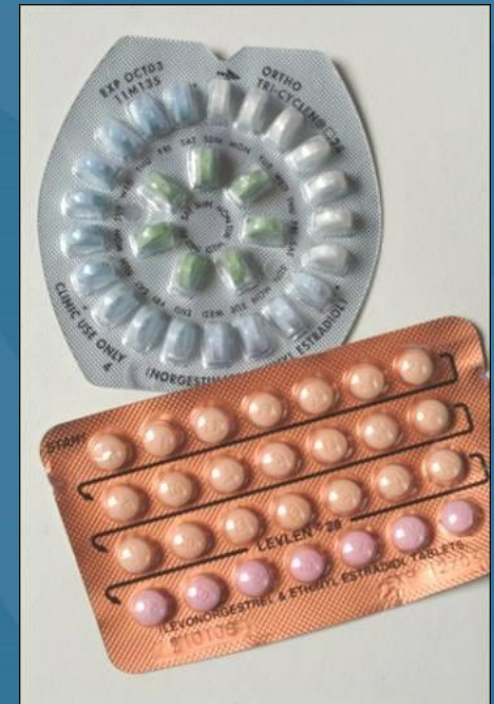
Hormonal Contraceptives

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



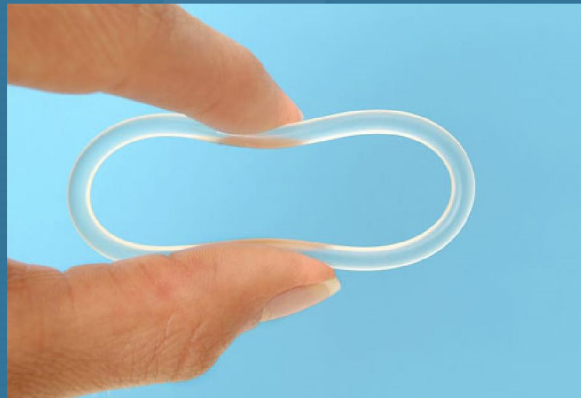
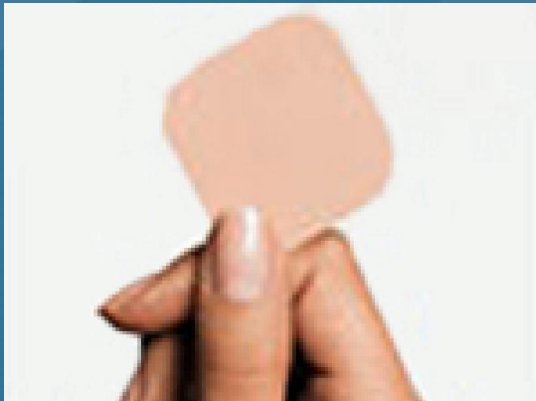
Yolanda is eligible for the pill.

When should she start?

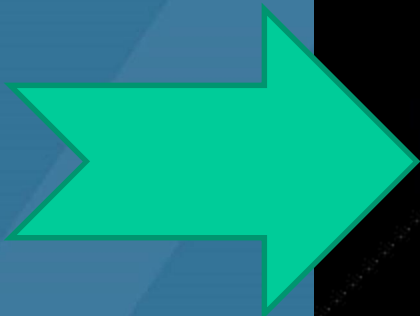


Quick start

- 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?



MEDICAL CENTER

NAME _____ AGE _____
ADDRESS _____ DATE _____

Rx



www.diximac.com

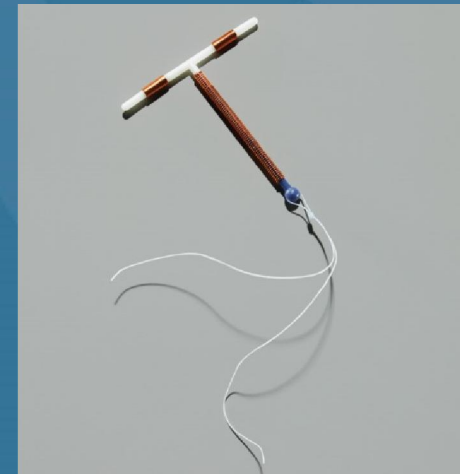
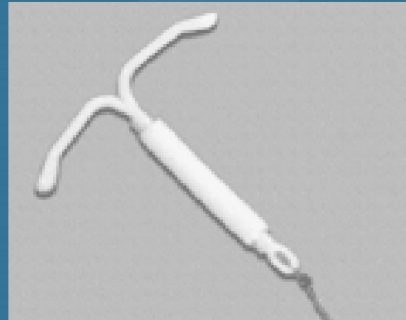
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SIGNATURE _____

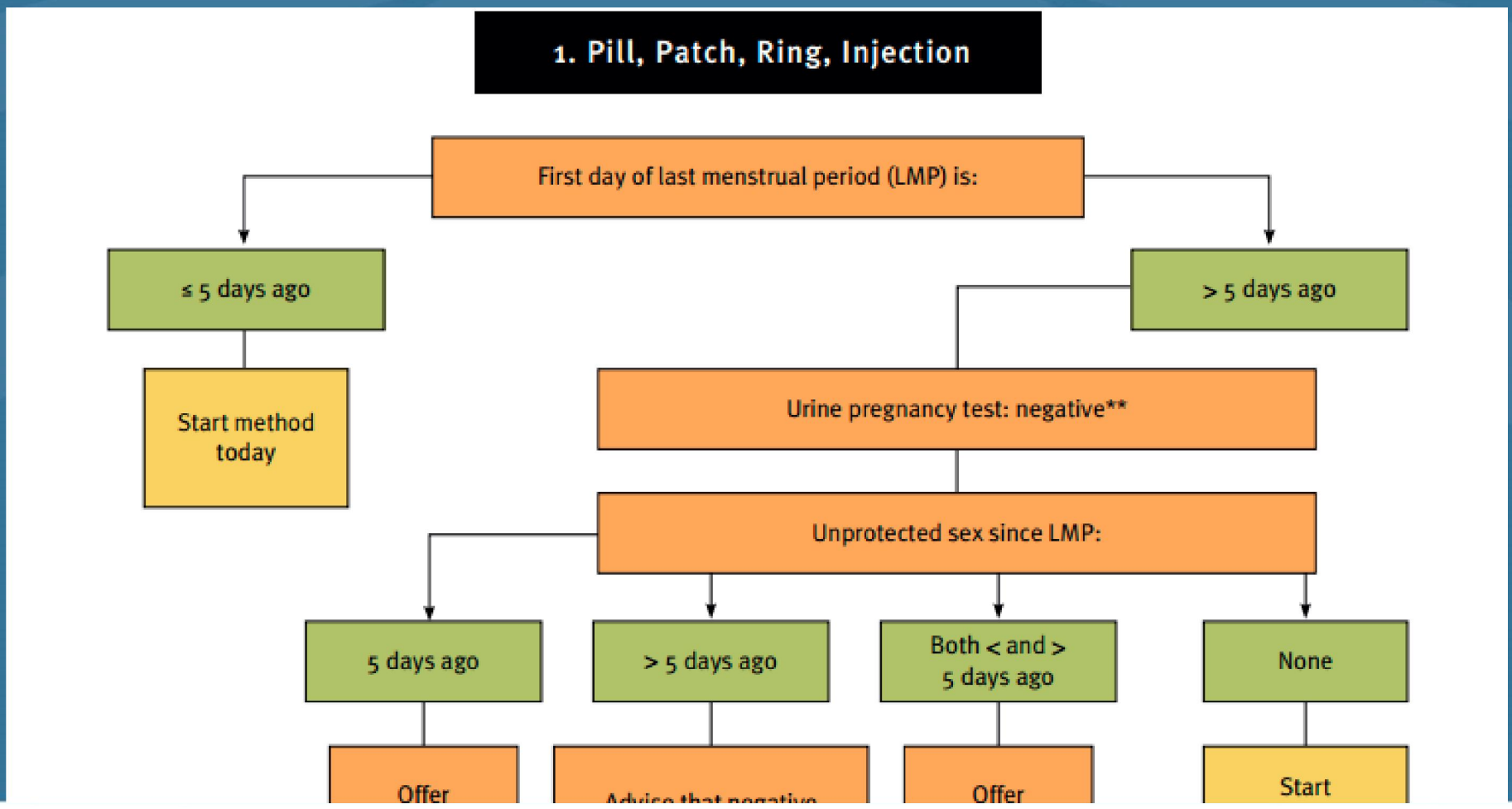
REFILL 0 1 2 3 4 5 PRN NR

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.



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
- [Medical Eligibility Criteria for Contraceptive Use 2010](#) by WHO www.who.int/reproductive-health
- [Association of Reproductive Health Professionals](#) www.arhp.org
- [Alan Guttmacher Institute](#) www.agi-usa.org
- [Planned Parenthood](#) www.plannedparenthood.org
- [The Cochrane Collaboration](#) www.cochrane.org
- www.Not-2-Late.com
- [Reproductive Health Access Project](#) www.reproductiveaccess.org