BIRTH CONTROL AND LUPUS

Women with lupus have many great birth control options!

Recommendations based on the 2020 ACR Reproductive Health Guidelines*

Contraceptive Method

| Method                  | Recommended | Not Recommended |
|-------------------------|-------------|-----------------|

ALL women can use these 3 MOST effective methods

- Tubal Ligation/Vasectomy
- Implant
- IUD

Recommendation based on:

| Method       | LOW blood clot risk | HIGH blood clot risk |
|--------------|---------------------|----------------------|
| LOW lupus activity | HIGH lupus activity | -Prior blood clot -Positive aPL -Proteinuria >3g |

Depo Provera
- Pill with estrogen
- Ring
- Patch
- Mini Pill

ALL women can use these LEAST effective methods

- Condom
- Diaphragm
- Sponge
- Cervical Cap
- Spermicide
- Fertility Awareness

EMERGENCY CONTRACEPTION IS SAFE!

Accidents happen. Emergency Contraception (the “Morning After Pill,” Plan B,* and similar medications) effectively prevent pregnancy if taken within 3 days of having sex. These are safe for all women with lupus, even women at high risk for blood clots.

No prescription is needed and you can buy it from your local pharmacy or Amazon. Emergency contraception does not cause an abortion.

Your gynecologist has other options for emergency contraception that work up to 5 days after sex.

Want more information? Here are some great online places to go for more details:

- www.bedsider.org
- www.acog.org/Patients

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www.LupusPregnancy.org

*ACR Reproductive Health Guidelines
Sammaritano et al Arthritis & Rheumatology Feb 2020