

# BIRTH CONTROL FOR WOMEN WITH LUPUS

Women with lupus have many great birth control options!

## STEP 1

Talk with your doctor about your personal risk for having a blood clot. For those with a higher risk, the birth control with an **X** are not ideal.

## STEP 2

Work with your primary care doctor or gynecologist to get started on the birth control option that fits best with your goals, your life, and your body.

## EMERGENCY CONTRACEPTION IS SAFE!

Accidents happen. Emergency Contraception (the "Morning After Pill," Plan B,<sup>®</sup> 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](http://www.bedsider.org)  
[www.acog.org/Patients](http://www.acog.org/Patients)

HIGHLY EFFECTIVE  
<1% pregnant each year

EFFECTIVE  
6-9% pregnant each year

INEFFECTIVE  
10-25% pregnant each year

Contraceptive Options		Lupus with LOW RISK for blood clots	Lupus with HIGH RISK for blood clots
Tubal Ligation/Vasectomy		✓	✓
Implant		✓	✓
IUD		✓	✓
Depo Provera		✓	X
Ring		✓	X
Patch		✓	X
Pill with estrogen		✓	X
Mini Pill		✓	✓
Condom		✓	✓
Diaphragm		✓	✓
Sponge		✓	✓
Cervical Cap		✓	✓
Spermicide		✓	✓
Fertility Awareness		✓	✓
Withdrawal		✓	✓