

BIRTH CONTROL AND LUPUS

Women with lupus have many great birth control options!

Recommendations based on the 2020 ACR Reproductive Health Guidelines*

STEP 1

Most women can use any birth control



- high lupus activity
- urine protein >3g
- positive antiphospholipid antibodies (aPL)
- a high risk for blood clots

TWO IS BETTER THAN ONE

Combine two forms of birth control to reduce the chance of pregnancy.

Hormonal Contraception

pregnancies per year out of 100 women

Condoms

pregnancies per year out of 100 women

Combined: **Hormonal Contraception + Condoms**

pregnancies per year

out of 100 women

EMERGENCY CONTRACEPTION

Emergency Contraception (EC) can dramatically decrease the chance of pregnancy when birth control is not used. EC is:

- SAFE for ALL WOMEN with rheumatic disease
- NO prescription needed for Plan B (buy on Amazon)
- Does NOT cause abortion

Plan B One-Step®



(Rx) ella®



See bedsider.org for more information

§The US MEC (2016) lists implants, LNG-IUD, & POP as Category 3 for women with lupus due to potential for increased thrombotic risk, yet these contraceptives are Category 2 for women with a prior clot or cardiovascular disease; current data does not indicate that implants or POP increase risk for clot.

INEFFECTIVE 10-25% pregnant each year

HIGHLY

EFFECTIVE

<1%

pregnant each year

EFFECTIVE

6-9%

pregnant

each year

Use Emergency Contraception If you haven't been taking your birth control 100% of the time!

Contraceptive Method

Recommended X Not Recommended

ALL women can use these 3 MOST effective methods

Tubal Ligation/ Vasectomy



Implant§



IUD§



LOW blood clot risk LOW lupus **Hormonal Contraception**

clot risk Prior blood clot -Positive aPL Proteinuria >3g

HIGH blood

Depo Provera

Pill with estrogen

Progestin-only Pill



activity



 (\mathbf{X})

activity

 (\mathbf{X})

Ring









Patch







 (\mathbf{X})



ALL women can use these LEAST effective methods

Diaphragm





Sponge

Condom



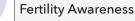


Cervical Cap



Spermicide









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