

BIRTH CONTROL AND LUPUS

Women with lupus have many great birth control options!

Recommendations based on the 2020 ACR Reproductive Health Guidelines*

STEP 1

To choose the best method for you, talk with your doctor to find out if you:

- have high lupus activity
- have urine protein (proteinuria) >3g
- are positive for antiphospholipid antibodies (aPL)
- are at high risk for blood clots

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,[®] 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

HIGHLY EFFECTIVE
<1% pregnant each year

EFFECTIVE
6-9% pregnant each year

INEFFECTIVE
10-25% pregnant each year

Contraceptive Method	Recommendation based on:		
	LOW blood clot risk	HIGH blood clot risk	
ALL women can use these 3 MOST effective methods			
Tubal Ligation/ Vasectomy 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Implant 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
IUD 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	LOW lupus activity	HIGH lupus activity	-Prior blood clot -Positive aPL -Proteinuria >3g
Depo Provera 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pill with estrogen 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ring 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Patch 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mini Pill 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
ALL women can use these LEAST effective methods			
Condom 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Diaphragm 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sponge 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cervical Cap 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Spermicide 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fertility Awareness 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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