

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**

✗ **avoid estrogen** if you have:

- 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

7  pregnancies per year out of 100 women

Condoms

15  pregnancies per year out of 100 women


Combined:
Hormonal Contraception + Condoms

1  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®**  **IUD**
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.

HIGHLY EFFECTIVE
<1% pregnant each year




EFFECTIVE
6-9% pregnant each year

INEFFECTIVE
10-25% pregnant each year

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







Contraceptive Method	✓ Recommended	✗ Not Recommended
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ALL women can use these 3 MOST effective methods

Tubal Ligation/ Vasectomy		✓
Implant [§]		✓
IUD [§]		✓

Contraceptive 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	✗	✗	✗
Progestin-only Pill	✓	✓	✓

ALL women can use these LEAST effective methods

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



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