

# Can we talk about BIRTH CONTROL?

Lupus  
MCTD  
Myositis  
Scleroderma  
Sjogren's  
Vasculitis  
and more....

## #1 LET'S DISCUSS

- How important is it that you not get pregnant right now?
- Would controlling your periods be helpful to you?

## #2 There is a safe birth control for EVERYONE!

### What to know:

- X Avoid** birth control **with estrogen if:**
  - high lupus activity
  - urine protein >3g
  - antiphospholipid antibodies (aPL) or APS
  - a high risk for blood clots/prior blood clot

- ✓ Use effective birth control if taking medications that increase risk of:**

	Pregnancy Loss	Birth Defects
Methotrexate	~ 40%	~ 10%
Mycophenolate (CellCept) Mycophenolic acid (Myfortic) Cyclophosphamide (Cytoxan)	~ 40-50%	~ 25%
Leflunomide	no increased risk with cholestyramine washout	

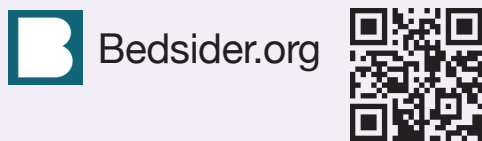
## EMERGENCY CONTRACEPTION

Emergency Contraception can dramatically decrease the chance of pregnancy.

- SAFE for ALL WOMEN** even at high risk for blood clots
- NO prescription needed for Plan B (buy on Amazon)**
- Does NOT cause an abortion



## FIND OUT MORE!



✓ Talk with an ObGyn, primary care or other provider

VERY EFFECTIVE  
Of 100 women, less than 1 will be pregnant by the end of one year

EFFECTIVE  
Of 100 women, 6 - 9 will be pregnant by the end of one year

LEAST EFFECTIVE  
Of 100 women, 10 - 25 will be pregnant by the end of one year

## #3 WHAT WORKS FOR YOU?

✓ Recommended    X Not Recommended  
according to guidelines\*

### ALL women can use these VERY EFFECTIVE methods

Tubal Ligation/ Vasectomy		✓
Arm Implant Nexplanon		✓
IUD copper or progesterone		✓

### Some women can use these EFFECTIVE methods

Hormonal Contraception	Other rheumatic diseases	LOW lupus activity	HIGH lupus activity	HIGH blood clot risk
Depo Provera Shot	✓	✓	✓	X
The Pill (with estrogen)	✓	✓	X	X
Ring (with estrogen)	✓	✓	X	X
Patch (with estrogen)	✓	X	X	X
Progestin-only Pills (Mini Pill, Opill®, Slynd®)	✓	✓	✓	✓

### ALL women can use these LEAST effective methods

Condom	Only condoms prevent Sexually Transmitted Infections	✓
Spermicide		✓
Withdrawal		✓
Fertility Awareness		✓
Diaphragm/ CervicalCap		✓

Updated September 2024

