

BIRTH CONTROL IS CRITICAL WHEN

- Taking medications that cause birth defects
- Rheumatic disease is very active
- A woman doesn't want to get pregnant.

MEDICATIONS THAT CAUSE

	Pregnancy Loss	Birth Defects
Methotrexate (Trexall)	~ 40%	~ 6-10%
Mycophenolate mofetil (Cellcept)	~ 40%	~ 25%
Cyclophosphamide (Cytoxan)	~ 50%	~ 25%


TWO IS BETTER THAN ONE

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

Pregnancies after a Year of Real-World Use by 100 women:

7  Hormonal Contraception

15  Condoms

1  Combined: Hormonal Contraception PLUS Condoms

EMERGENCY CONTRACEPTION

Use emergency contraception to dramatically decrease the chance of pregnancy when birth control isn't used. It is **safe for ALL WOMEN with rheumatic disease.**



PLAN B



Rx Ella



IUD

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!

INEFFECTIVE
10-25% pregnant each year

Contraceptive Method







✓ Recommended
✗ Not Recommended

ALL women can use these 3 MOST effective methods

Tubal Ligation/ Vasectomy		✓
Implant		✓
IUD		✓

Recommendation based on:	Other rheumatic diseases	LOW lupus activity	HIGH lupus activity	HIGH blood clot risk
Depo Provera	✓	✓	✓	✗
Pill with estrogen	✓	✓	✗	✗
Ring	✓	✓	✗	✗
Patch	✓	✗	✗	✗
Mini Pill†	✓	✓	✓	✓

ALL women can use these LEAST effective methods

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

See over for THE DETAILS.

THE DETAILS



HIGHLY EFFECTIVE
<1% pregnant each year

HIGHLY EFFECTIVE Methods of Birth Control		Risks related to rheumatic disease
Method	Description	
Tubal Ligation (permanent)	• Surgery that permanently blocks eggs from getting fertilized	Low/minimal risk for all
Vasectomy (permanent)	• Surgery that permanently blocks sperm	
Implant (removable) Small rod placed under the skin of the arm	• Low-dose progesterone prevents ovulation & limits sperm swimming • Effective for 3 years, removed by physician • Many women have lighter or no periods	
IUD – progesterone (removable) Small T-shaped piece of plastic in the uterus	• Low-dose hormones around the uterus and ovaries, often decreases periods • Prevents sperm from fertilizing egg and limits ovulation • Effective for 5 yrs, removed by physician	
IUD – copper (removable) Small T-shaped piece of plastic in the uterus	• No hormones; prevents sperm from fertilizing egg • Some women may have heavier periods • Effective for 10 yrs, removed by physician	

EFFECTIVE
6-9% pregnant each year

EFFECTIVE Methods of Birth Control <i>These methods are NOT EFFECTIVE if a dose is missed.</i>		Risks related to rheumatic disease
Method	Description	
Depo-Provera® A shot every 3 months	• Prevents ovulation and sperm swimming • Missing a shot increases risk for pregnancy	Not recommended if at high risk for blood clots* or osteoporosis
Ring Small, bendable ring in your vagina	• Estrogen & progesterone prevent ovulation & limit sperm swimming • Most women don't have a period while using	
Patch Small sticker on your skin every week	• Estrogen & progesterone prevent ovulation & limit sperm swimming	
Daily Pill with estrogen and progesterone	• Estrogen & progesterone prevent ovulation & limit sperm swimming	
Daily Progesterone-only Pill (aka. Mini Pill)	• Progesterone limits ovulation and sperm swimming • Must take at the SAME TIME every day to be effective	Low/minimal risk for all
Emergency Contraception: no prescription (i.e. Plan B or generics) pills taken within 3 days AFTER having sex	• Prevents ovulation & sperm swimming; does NOT cause an abortion • Less effective for persons who weigh more than 165 lbs • Can buy online or in store; no prescription needed	
Emergency Contraception: prescription (i.e. Ella®) pills taken within 5 days AFTER having sex	• Prevents ovulation & sperm swimming; does NOT cause an abortion • Less effective for persons who weigh more than 200 lbs. • By prescription	

INEFFECTIVE
10-25% pregnant each year

LESS EFFECTIVE Methods of Birth Control		Risks related to rheumatic disease
Method	Description	
Condom slips over penis to block sperm	• PREVENTS sexually transmitted diseases!	Low/minimal risk for all
Spermicide chemicals that prevent sperm swimming	• Plastic foam you put in your vagina to block and kill sperm • Buy online or in store	
Sponge Special sponge catches sperm in the vagina	• Best when used with another method • Buy online or in the store	
Diaphragm/Cervical Cap Plastic cup blocks sperm in vagina	• MUST USE with SPERMICIDE • Get from a physician or health clinic	
Fertility Awareness Tracking cycles and avoiding sex when fertile	• Tracking your periods to avoid sex when you are fertile • Works best with very regular menstrual cycles	
Withdrawal Removal of penis before ejaculation	• Not effective if not done perfectly every time	

*Women at increased risk for blood clot include those with a prior blood clot, positive antiphospholipid antibodies (aPL), urine protein (proteinuria) >3g. This educational activity is supported by an education grant from UCB. All information is aligned with the ACR Reproductive Health Guidelines: Sammaritano et al Arthritis & Rheumatology Feb 2020.