

BIRTH CONTROL IS CRITICAL WHEN

- Taking high risk medications[#]
- Rheumatic disease is very active
- A woman doesn't want to get pregnant

#HIGH RISK MEDICATIONS

	Pregnancy Loss	Birth Defects
Methotrexate	~ 40%	~ 6-10%
Mycophenolate or Cyclophosphamide	~ 40%	~ 25%
Leflunomide <small>WITH cholestyramine washout</small>	not increased	not increased

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



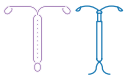
INEFFECTIVE
10-25% pregnant each year

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

Contraceptive Method

✓ Recommended
✗ Not Recommended

ALL women can use these 3 MOST effective methods

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

Hormonal Contraception

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		✓



THE DETAILS



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 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	

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.

[#]Aligned with the ACR Reproductive Health Guidelines: Sammaritano et al Arthritis & Rheumatology Feb 2020.