

WHAT ARE THE UPDATES

The updates featured in this version were adapted from the latest evidence-based recommendations and guidelines, including the (1) Medical Eligibility Criteria for Contraceptive Use (4th Edition, 2010), the (2) Selected Practice Recommendations for Contraceptive Use: 2008 Update of the WHO, and the (3) 2013 CDC Practice Recommendations. Specific questions on how to use different contraceptive methods were addressed. This manual provides updates on the following:

- New chapter on informed choice and voluntarism (p. 1)
- Continuous and extended use of combined oral contraceptives (p. 41)
- Quick start of contraceptives (pp. 37, 42, 51, 58, 61, 68, 81, 95, 105, 122, 129, 166, 168, 172, 189, 233, 238)
- Late reinjections for progestin-only injectables (p. 83)
- Correction of misconceptions about each FP method (pp. 73, 104, 116, 156, 168, 172, 212)
- New subcutaneous DMPA (p. 74)
- Guidelines on the insertion and removal of contraceptive subdermal implants (pp. 91, 95)
- Guidelines on pelvic examination prior to IUD insertion (p. 107)
- Guidelines on post placental and immediate postpartum insertion of TCU IUD (pp. 111, 115)
- Endoscopic and hysteroscopic bilateral tubal ligation (pp. 182, 183)
- When to start relying on the effectiveness of vasectomy after surgery (p. 206)
- Effect of increased body mass index (BMI) on certain contraceptives (p. 213)
- New subchapter on contraception for female victims of sexual violence, with information on when to initiate regular contraceptives (p. 231)
- Guidelines on the use of the Yuzpe method and the levonorgestrel-only pill (p. 234)
- Subchapter on contraception in disaster and crisis situations (p. 240)
- New chapter on sexually transmitted infections (p. 245)
- Effects of antiretrovirals on hormonal contraception (p. 255)
- Effects of antibiotics on contraceptives (p. 255)
- Relevant RPRH law provisions and related IRR (p. 306)
- Pregnancy checklist (p. 325)
- 2013 PhilHealth benefits for FP (p. 329)
- New DOH commodity forms (p. 385)