

Appendix E

SUMMARY TABLES AND CHECKLISTS:

WHO MEDICAL ELIGIBILITY CRITERIA FOR CONTRACEPTIVE USE

New contraceptive technologies continue to be developed. However, some health-care practices are still based on scientific studies of contraceptive products that are no longer in wide use or on the personal preference of service providers. These outdated practices often result in limited access to family planning services for clients. The Medical Eligibility Criteria (MEC) for Contraceptive Use (59) have been developed (2009) to reduce or eliminate this barrier.

WHAT IS THE WHO-MEC?

- Medical screening of clients based on the best available evidence on family planning practices
- Recommendations for the use of specific contraceptive methods by women and men who have certain characteristics or pre-existing medical conditions
- Assistance for healthcare providers who counsel women, men, and couples about the choice of contraceptive method

WHAT IS THE PURPOSE OF THE WHO-MEC?

- To reduce medical barriers for contraception
- To address misconceptions on who can use contraception
- To improve access and quality of care in family planning
- To promote safe use of contraceptives

Each condition represents either an individual’s characteristics (e.g., age) or a known pre-existing medical or pathological condition (e.g., hypertension). The conditions that affect the eligibility of a client for using each contraceptive method are classified under four categories (Table 1).

Table 1. World Health Organization Medical Eligibility Criteria for Contraceptive Use	
WHO Category	Conditions/classifications criteria
Category 1	The method has no restrictions.
Category 2	The advantages of the method generally outweigh the theoretical or proven risks.
Category 3	The theoretical or proven risks usually outweigh the advantages of using the method.
Category 4	The method has an unacceptable health risk.

Where resources for clinical judgment are limited, the four-category classification framework can be simplified into two categories (Table 2).

Table 2. Simplified two-category classification		
WHO Category	With clinical judgement	With limited clinical judgement
Category 1	Use the method in any circumstances.	Use
Category 2	Generally use the method.	Use
Category 3	Use of the method is not usually recommended unless other appropriate methods are not available or acceptable.	Do not use
Category 4	Method must not be used.	Do not use

Conversely, fertility awareness-based methods are classified (Table 3) based on whether a method is safe to use (A); whether extra precautions, preparations, or counseling are required (C); or whether the use of a method should be delayed until circumstances change (D). For female and male sterilization, a fourth category (S) signifies that a special arrangement should be made for the procedure (Table 4).

Table 3. MEC for fertility awareness-based methods	
MEC Categories	Conditions/classifications criteria
A (Accept)	The method has no restrictions.
C (Caution)	The method requires extra or special counseling to ensure correct use.
D (Delay)	The method should be delayed until a condition is evaluated or corrected. An alternative temporary method of contraception should be offered.

Table 4. MEC for female and male sterilization	
Accept (A)	There is no medical reason to deny sterilization to a person with this condition.
Caution (C)	This procedure is normally conducted in a routine setting but with extra preparation and precautions.
Delay (D)	The procedure is delayed until the condition is evaluated and/or corrected. An alternative temporary method of contraception should be provided.
Special (S)	The procedure should be undertaken in a setting with an experienced surgeon and staff, equipment needed to provide general anesthesia, and other backup medical support. For these conditions, the capacity to decide on the most appropriate procedure and anesthesia regimen is also needed. Alternative temporary methods of contraception should be provided if referral is required or there is otherwise any delay.

Summary Tables for WHO Medical Eligibility Criteria for Contraceptive Methods

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
PERSONAL CHARACTERISTICS AND REPRODUCTIVE HISTORY				
PREGNANCY	NA	NA	NA	NA
AGE	Menarche to < 40 years = 1		Menarche to < 18 years = 1	Menarche to < 18 years = 2
	≥ 40 years = 2		18 – 45 years = 1	18 - 45 years = 1
			> 45 years = 1	> 45 years = 2
PARITY				
a) Nulliparous	1	1	1	1
b) Parous	1	1	1	1
BREASTFEEDING (BF)				
a) < 6 weeks post-partum	4	4	3	3
b) 6 weeks to < 6 months (primarily breastfeeding)	3	3	1	1
c) ≥ 6 months post-partum	2	2	1	1
POSTPARTUM (non-breastfeeding women)				
a) < 21 days				
(i) without other risk factors for VTE	3	3	1	1
(ii) with other risk factors for VTE	3/4	3/4		
b) ≥ 21 days			1	1
(i) without other risk factors for VTE	2	2		

Progestin-only Implants	Copper IUDs (TCu-380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
NA	4	4	NA	Delay
Menarche to < 18 years = 1	Menarche to < 20 years = 2		Young age = Caution	Young age = Caution
18 - 45 years = 1	≥ 20 years = 1			
> 45 years = 1				
1	2	2		Accept
1	1	1		Accept
3				Accept
1				
1				
				a) < 7 days = Accept 7 to < 42 days = Delay ≥ 42 days = Accept
1				b) Pre-eclampsia / eclampsia: (i) Mild pre-eclampsia = Accept (ii) Severe pre-eclampsia / eclampsia = Delay
1				c) Prolonged rupture of membrane: 24 hours of more = Delay
				d) Puerperal sepsis, intrapartum hemorrhage = Delay

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
(ii) with other risk factors for VTE	2/3	2/3		
c) >42 days	1	1		
POSTPARTUM (breastfeeding or non-breastfeeding women, including post-caesarean section)				
a) < 48 hours including insertion immediately after delivery of placenta				
b) > 48 hours to < 4 weeks				
c) > 4 weeks				
d) Puerperal sepsis				
POSTABORTION				
a) First trimester	1	1	1	1
b) Second trimester	1	1	1	1
c) Immediate post-septic abortion	1	1	1	1
PAST ECTOPIC PREGNANCY	1	1	2	1

Progestin-only Implants	Copper IUDs (TCu-380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
				e) Severe antepartum or postpartum hemorrhage = Delay
	1	1 = not BF 3 = BF		f) Severe trauma to the genital tract: cervical or vaginal tear at time of delivery = Delay
	3	3		g) Uterine rupture or perforation = Special
	1	1		
	4	4		
				a) Uncomplicated = Accept
1	1	1		b) Post-abortion sepsis or fever = Delay
1	2	2		c) Severe post-abortion hemorrhage = Delay
				d) Severe trauma to the genital tract: cervical or vaginal tear at time of abortion = Delay
1	4	4		e) Uterine perforation = Special
				f) Acute hematometra = Delay
1	1	1		Accept

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
HISTORY OF PELVIC SURGERY including caesarean section) (see also postpartum section)	1		1	1
SMOKING				
a) Age < 35	2	2	1	1
b) Age ≥ 35				
(i) < 15 cigarettes/day	3	2	1	1
(ii) > 15 cigarettes/day	4	3	1	1
OBESITY				
a) ≥ 30 kg/m ² body mass index (BMI)	2	2	1	1
b) Menarche to <18 years old and > 30 kg/m ² BMI	2	2	1	DMPA = 2 NET-EN = 1
BLOOD PRESSURE MEASUREMENT UNAVAILABLE	NA	NA	NA	NA
CARDIOVASCULAR DISEASE				
MULTIPLE RISK FACTORS FOR ARTERIAL CARDIOVASCULAR DISEASE (such as older age, smoking, diabetes, and hypertension)	3/4	3/4	2	3

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
1	1	1		
1	1	1		Accept
1	1	1		Accept
1	1	1		Accept
				Caution
1	1	1		
1	1	1		
NA	NA	NA		
2	1	2		Special

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
HYPERTENSION				
a) History of hypertension where blood pressure CANNOT be evaluated (including hypertension during pregnancy)	3	3	2	2
b) Adequately controlled hypertension, where blood pressure CAN be evaluated	3	3	1	2
c) Elevated blood pressure levels (properly taken measurements)				
(i) systolic 140-159 mm Hg or diastolic 90-99 mm Hg	3	3	1	2
(ii) systolic >160 mm Hg or diastolic >100 mm Hg	4	4	2	3
d) Vascular disease	4	4	2	3
HISTORY OF HIGH BLOOD PRESSURE DURING PREGNANCY (where current blood pressure is measurable and normal)	2	2	1	1
DEEP VENOUS THROMBOSIS (DVT) / PULMONARY EMBOLISM (PE)				
a) History of DVT/PE	4	4	2	2
b) Acute DVT/PE	4	4	3	3

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
2	1	2		
1	1	1		Caution
1	1	1		Caution
2	1	2		Special
2	1	2		Special
1	1	1		Accept
2	1	2		Accept
3	1	3		Delay

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs		Progestin-only Injectables
c) DVT/PE and established on anti-coagulant therapy	4	4	2		2
d) Family history (first degree relatives)	2	2	1		1
e) Major surgery					
(i) with prolonged immobilization	4	4	2		2
(ii) without prolonged immobilization	2	2	1		1
f) Minor surgery without immobilization	1	1	1		1
KNOWN THROMBOGENIC MUTATIONS (e.g. Factor V Leiden; Prothrombin mutation; Protein S, Protein C and Antithrombin deficiencies)	4	4	2		2
SUPERFICIAL VEINOUS THROMBOSIS					
a) Varicose veins	1	1	1		1
b) Superficial thrombophlebitis	2	2	1		1
CURRENT AND HISTORY OF ISCHAEMIC HEART DISEASE	4	4	I 2	C 3	3
STROKE (history of cerebrovascular accident)	4	4	I 2	C 3	3

Legend:
I - Initiation
C - Continuation

Progestin-only Implants		Copper IUDs (TCu-380A IUD)	Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
2		1	2			Special
1		1	1			Accept
2		1	2			Delay
1		1	1			Accept
1		1	1			Accept
2		1	2			Accept
1		1	1			Accept
1		1	1			Accept
I	C	1	I	C		Delay
2	3		2	3		
I	C	1	2			Caution
2	3					

CONDITION	Combined Oral Contraceptives		Combined Injectable Contraceptives		Progestin-only OCs		Progestin-only Injectables	
KNOWN HYPERLIPIDEMIAS (screening is NOT necessary for safe use of contraceptive methods)	2/3		2/3		2		2	
VALVULAR HEART DISEASE								
a) Uncomplicated	2		2		1		1	
b) Complicated (pulmonary hypertension, atrial fibrillation, history of subacute bacterial endocarditis)	4		4		1		1	
RHEUMATIC DISEASES								
SYSTEMIC LUPUS ERYTHEMATOSUS							I	C
a) Positive (or unknown) antiphospholipid antibodies	4		4		3		3	3
b) severe thrombocytopenia	2		2		2		3	2
c) Immunosuppressive treatment	2		2		2		2	2
d) None of the above	2		2		2		2	2
NEUROLOGIC CONDITIONS								
HEADACHES	I	C	I	C	I	C	I	C
a) Non-migrainous (mild or severe)	1	2	1	2	1	1	1	1

Legend:

I - Initiation

C - Continuation

Progestin-only Implants		Copper IUDs (TCu-380A IUD)		Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
2		1		2			Accept
1		1		1			Caution
1		2		2			Special
3		I	C	3			Special
		1	1				
2		3	2	2			Special
2		2	1	2			Special
2		1	1	2			Caution
I	C			I	C		Accept
1	1	1		1	1		

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Progestin-only Implants		Copper IUDs (TCu-380A IUD)		Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
2	2	1		2	2		Accept
2	2	1		2	2		Accept
2	3	1		2	3		Accept
1		1		1			Caution
1		1		1		Caution	Caution
				I	C		Accept
2		1		1	1		
2		2		1	2		Accept
		I	C	I	C		Delay
3		4	2	4	2		
1		2		1			Special
1		1		1			Accept
1		2		1			Accept

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
GESTATIONAL TROPHOBLASTIC DISEASE				
a) Decreasing or undetectable Beta-HCG levels	1	1	1	1
b) Persistently elevated Beta-HCG levels or malignant disease	1	1	1	1
CERVICAL ECTROPION	1	1	1	1
CERVICAL INTRAEPITHELIAL NEOPLASIA (CIN)	2	2	1	2
CERVICAL CANCER (awaiting treatment)	2	2	1	2
BREAST DISEASE				
a) Undiagnosed mass	2	2	2	2
b) Benign breast disease	1	1	1	1
c) Family history of cancer	1	1	1	1
d) Current breast cancer	4	4	4	4
e) Breast cancer in the past and no evidence of current disease for 5 years	3	3	3	3
ENDOMETRIAL CANCER	1	1	1	1
OVARIAN CANCER	1	1	1	1

Legend:

I - Initiation

C - Continuation

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)		Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
1	3		3			Accept
1	4		4			Delay
1	1		1			Accept
2	1		2			Accept
2	I	C	I	C		Delay
	4	2	4	2		
2	1		2			Accept
1	1		1			Accept
1	1		1			Accept
4	1		4			Caution
3	1		3			Accept
1	I	C	I	C		Delay
	4	2	4	2		
1	I	C	I	C		Delay
	3	2	3	2		

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
UTERINE FIBROIDS				
a) Without distortion of the uterine cavity	1	1	1	1
b) With distortion of the uterine cavity	1	1	1	1
ANATOMICAL ABNORMALITIES				
a) That distort the uterine cavity				
b) That do not distort the uterine cavity				
PELVIC INFLAMMATORY DISEASE (PID)				
a) Past PID (assuming no current risk factors of STIs)				
(i) with subsequent pregnancy	1	1	1	1
(ii) without subsequent pregnancy	1	1	1	1
b) PID - current	1	1	1	1
STIs				
a) Current purulent cervicitis or chlamydial infection or gonorrhoea	1	1	1	1
b) Other STIs (excluding HIV and hepatitis)	1	1	1	1

Legend:
I - Initiation
C - Continuation

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)		Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
1	1		1			Caution
1	4		4			Caution
	4		4			
	2		2			
	I	C	I	C		Accept
1	1	1	1	1		
1	2	2	2	2		Caution
1	4	2	4	2		Delay
1	I	C	I	C		Delay
	4	2	4	2		
1	2	2	2	2		Accept

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1	1	1	1
d) Increased risk of STIs	1	1	1	1
HIV/AIDS				
HIGH RISK OF HIV	1	1	1	1
HIV-INFECTED	1	1	1	1
AIDS	1	1	1	1
Clinically well on ARV therapy	If on treatment, see DRUG INTERACTIONS section			
OTHER INFECTIONS				
SCHISTOSOMIASIS				
a) Uncomplicated	1	1	1	1
b) Fibrosis of the liver	1	1	1	1
TUBERCULOSIS				
a) Non-pelvic	1	1	1	1
b) Known pelvic	1	1	1	1
MALARIA	1	1	1	1
ENDOCRINE CONDITIONS				
DIABETES				
a) History of gestational disease	1	1	1	1
b) Non-vascular disease (i) non-insulin dependent	2	2	2	2

Legend:

I - Initiation

C - Continuation

CONDITION	Combined Oral Contraceptives		Combined Injectable Contraceptives		Progestin-only OCs	Progestin-only Injectables
(ii) insulin dependent	2		2		2	2
c) Nephropathy / retinopathy / neuropathy	3/4		3/4		2	3
d) Other vascular disease or of > 20 years' duration	3/4		3/4		2	3
THYROID DISORDERS						
a) Simple goiter	1		1		1	1
b) Hyperthyroid	1		1		1	1
c) Hypothyroid	1		1		1	1
GASTROINTESTINAL CONDITIONS						
GALLBLADDER DISEASE						
a) Symptomatic						
(i) treated by cholecystectomy	2		2		2	2
(ii) medically treated	3		2		2	2
(iii) current	3		2		2	2
b) Asymptomatic	2		2		2	2
HISTORY OF CHOLESTASIS						
a) Pregnancy-related	2		2		1	1
b) Past COC-related	3		2		2	2
VIRAL HEPATITIS						
	I	C	I	C		
a) Acute or flare	3/4	2	3	1	1	1

Legend:
I - Initiation
C - Continuation

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
2	1	2		Caution
2	1	2		Special
2	1	2		Special
1	1	1		Accept
1	1	1		Special
1	1	1		Caution
2	1	2		Accept
2	1	2		Accept
2	1	2		Delay
2	1	2		Accept
1	1	1		Accept
2	1	2		Accept
				Delay
1	1	1		

CONDITION	Combined Oral Contraceptives		Combined Injectable Contraceptives		Progestin-only OCs	Progestin-only Injectables
b) Carrier	1	1	1	1	1	1
c) Chronic	1	1	1	1	1	1
CIRRHOSIS						
a) Mild (compensated)	1		1		1	1
b) Severe (decompensated)	4		3		3	3
LIVER TUMORS						
a) Benign (adenoma)					3	3
(i) Focal nodular hyperplasia	2		2		2	2
(ii) Hepatocellular adenoma	4		3		3	3
b) Malignant (hepatoma)	4		3/4		3	3
ANEMIAS						
THALASSEMIA	1		1		1	1
SICKLE CELL DISEASE	2		2		1	1
IRON-DEFICIENCY ANEMIA	1		1		1	1
DRUG INTERACTIONS						
ANTIMICROBIAL THERAPY						
a) Broad spectrum antibiotics	1		1		1	1
b) Antifungals	1		1		1	1
c) Antiparasitics	1		1		1	1

Progestin-only Implants	Copper IUDs (TCu-380A IUD)		Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
1	2	2	2	2		Accept
1	2/3	2	2/3	2		Accept
1	1	C	1	C	Accept	Accept
	2	2	2	2		
1	2	2	2	2	Accept	Accept
1	3	2	3	2	Special	Special
	2	2	2	2		
1	1		1			Accept
1	1		1			Caution
	1	C	1	C		Accept
1	1	1	1	1		
1	4	3	4	3		Special
1	1		1			Accept
1	1		1		Caution	Accept
2	1		2			Caution

Progestin-only Implants	Copper IUDs (TCu-380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
1	1	1		Accept
1	1	1		Accept
1	1	1		Accept
3	1	3		Special
3	1	3		
2	1	2		Accept
3	1	3		Caution
3	1	3		Caution
1	2	1		Caution
1	2	1	Accept	Caution
1	2	1		Hemoglobin <7 g/dL = Delay Hemoglobin >= 7 to <10 g/dL = Caution
1	1	1		
1	1	1		
1	1	1		

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
d) Rifampicin or rifabutin therapy	3	2	3	DMPA = 1 NET-EN = 2
ANTICONVULSANT THERAPY				
a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3	2	3	DMPA=1 NET-EN=2
b) Lamotrigine	3	3	1	1
ANTIRETROVIRAL THERAPY				
a) Nucleoside reverse transcriptase inhibitors (NRTIs)	1	1	1	DMPA = 1 NET-EN = 1
b) Non- nucleoside reverse transcriptase inhibitors (NNRTIs)	2	2	2	DMPA = 1 NET-EN = 2
c) Ritonavir-boosted protease inhibitors	3	3	3	DMPA = 1 NET-EN = 2
OTHER CONDITIONS RELEVANT ONLY FOR MALE / FEMALE SURGICAL STERILIZATION				
LOCAL INFECTIONS				
a) scrotal skin infection				
b) active STI				
c) balanitis				
d) epididymitis or orchitis				
e) abdominal skin infection				

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)		Progestin-bearing IUD (LNG-IUD)		Vasectomy	Bilateral Tubal Ligation (BTL)
2	1		1			
2	1		1			
1	1		1			
	I	C	I	C		
1	2/3	2	2/3	2		
2	2/3	2	2/3	2		
2	2/3	2	2/3	2		
						Delay
					Delay	
					Delay	
					Delay	
					Delay	
						Delay

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
COAGULATION DISORDERS				
PREVIOUS SCROTAL INJURY				
SYSTEMIC INFECTION OR GASTRO-ENTERITIS				
LARGE VARICOCELE				
LARGE HYDROCELE				
FILARIASIS, ELEPHANTIASIS				
INTRASCROTAL MASS				
CRYPTORCHIDISM				
INGUINAL HERNIA				
RESPIRATORY DISEASES				
a) Acute (bronchitis, pneumonia)				
b) Chronic				
(i) asthma				
(ii) bronchitis				
(iii) emphysema				
(iv) lung infection				
FIXED UTERUS DUE TO PREVIOUS SURGERY OR INFECTION				
ABDOMINAL WALL OR UMBILICAL HERNIA				
DIAPHRAGMATIC HERNIA				

[illegible]

CONDITION	Combined Oral Contraceptives	Combined Injectable Contraceptives	Progestin-only OCs	Progestin-only Injectables
KIDNEY DISEASE				
SEVERE NUTRITIONAL DEFICIENCIES				
PREVIOUS ABDOMINAL OR PELVIC SURGERY				
STERILIZATION CONCURRENT WITH ABDOMINAL SURGERY				
a) Elective				
b) Emergency (without previous counseling)				
c) Infectious condition				
STERILIZATION CONCURRENT WITH CAESAREAN SECTION				

Progestin-only Implants	Copper IUDs (TCu- 380A IUD)	Progestin-bearing IUD (LNG-IUD)	Vasectomy	Bilateral Tubal Ligation (BTL)
				Caution
				Caution
				Caution
				Caution
				Delay
				Delay
				Accept