



Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use (U.S. MEC)



Updated in 2024. This summary sheet only contains a subset of the recommendations from the U.S. MEC. For complete guidance, see: https://www.cdc.gov/contraceptive methods do not protect against STIs. Consistent and correct use of the external (male) latex condom reduces the risk of STIs and HIV. Please see NIH quidelines for up to date recommendations on hormonal contraception and ARVs: https://clinicalinfo.hiv.qov/en/quidelines/hiv-clinicalinfo.hiv.qov/en/quidelines/hiv-clinical-quidelines-adult-and-adolescent-arv/drug-interactions-overview?view=full.

KEY: 1 = No restriction (method can be used) 2 = Advantages generally outweigh theoretical or proven risks 3 = Theoretical or proven risks usually outweigh the advantages 4 = Unacceptable health risk (method not to be used)

Condition	Sub-Condition	Cu-IUD	LNG-IUD	Implant	DMPA	POP	CHC
		I C	I C	I C	I C	I C	I C
Age		Menarche to <20 yrs: 2	Menarche to <20 yrs:2	Menarche to <18 yrs:1	Menarche to <18 yrs:2	Menarche to <18 yrs:1	Menarche t <40 yrs: 1
		≥20 yrs: 1	≥20 yrs: 1	18–45 yrs: 1	18–45 yrs: 1	18–45 yrs: 1	≥40 yrs:2
				>45 yrs: 1	>45 yrs: 2	>45 yrs: 1	
Anatomical abnormalities	a. Distorted uterine cavity	4	4				
	b. Other abnormalities	2	2				
Anemia, iron-deficiency		2	1	1	1	1	1
Benign ovarian tumors	(including cysts)	1	1	1	1	1	1
Breast disease	a. Undiagnosed mass	1	2*	2*	2*	2*	2*
oi east aisease	b. Benign breast disease	1	1	1	1	1	1
	c. Family history of cancer	1	1	1	1	1	1
	d. Breast cancer [‡]	•	•	•	•	•	•
	i. Current	1	4	4	4	4	4
	ii. Past and no evidence of current disease for 5 years	1	3	3	3	3	3
Breastfeeding	a. <21 days postpartum	•		2*	2*	2*	4*
breastreeumy	b. 21 to <30 days postpartum			Z	Z	2	4"
	i. With other risk factors for VTE			2*	2*	2*	3*
	ii. Without other risk factors for VTE			2*	2*	2*	3*
	c. 30-42 days postpartum						3
	i. With other risk factors for VTE			1*	2*	1*	3*
	ii. Without other risk factors for VTE			1*	1*	1*	2*
	d. >42 days postpartum			1*	1*	1*	2*
Cervical cancer	Awaiting treatment	4 2	4 2	2	2	1	2
Cervical ectropion	Awaiting treatment	1	1	1	1	1	1
Cervical ectropion Cervical intraepithelial		•	•				
cervicai intraepitiienai neoplasia		1	2	2	2	1	2
Chronic kidney disease‡	a. Current nephrotic syndrome	1 1	2 2	2	3	2/4*	4
•	b. Hemodialysis	1 1	2 2	2	3	2/4*	4
	c. Peritoneal dialysis	2 1	2 2	2	3	2/4*	4
Cirrhosis	a. Compensated (normal liver function)	1	1	1	1	1	1
	b. Decompensated* (impaired liver function)	1	2	2	3	2	4
Cystic fibrosis [‡]		1*	1*	1*	2*	1*	1*
Deep venous thrombosis	a. Current or history of DVT/PVE, receiving					-	
(DVT)/Pulmonary embolism	anticoagulant therapy (therapeutic dose)	2*	2*	2*	2*	2*	3*
(PE) [‡]	b. History of DVT/PE, receiving anticoagulant therapy (prophylactic dose)						
	i. Higher risk for recurrent DVT/PE	2*	2*	2*	3*	2*	4*
	ii. Lower risk for recurrent DVT/PE	2*	2*	2*	2*	2*	3*
	c. History of DVT/PE, not receiving anticoagulant therapy						_
	i. Higher risk for recurrent DVT/PE	1	2	2	3	2	4
	ii. Lower risk for recurrent DVT/PE	1	2	2	2	2	3
	d. Family history (first-degree relatives)	1	1	1	1	1	2
Depressive disorders	,, ,,	1*	1*	1*	1*	1*	1*

Condition	Sub-Condition	Cu-	IUD	LNG	-IUD	Implant	DMPA	POP	CHC			
			C		C	ı c	I C	I C	I C			
Diabetes	a. History of gestational disease	1		•	1	1	1	1	1			
	b. Nonvascular disease											
	i. Non-insulin dependent	1	l	2	2	2	2	2	2			
	ii. Insulin dependent [‡]	1	l	2	2	2	2	2	2			
	c. Nephropathy, retinopathy, or neuropathy [‡]	1	ı	- 2	2	2	3	2	3/4*			
	d. Other vascular disease or diabetes of				_			_				
	>20 years' duration [‡]	1	l	2		2	3	2	3/4*			
Dysmenorrhea	Severe	2	2	•	1	1	1	1	1			
Endometrial cancer [‡]		4	2	4	2	1	1	1	1			
Endometrial hyperplasia		1	ı	1	1	1	1	1	1			
Endometriosis		2	2	1	1	1	1	1	1			
Epilepsy [‡]	(see also Drug Interactions)	1	l	1		1*	1*	1*	1*			
Gallbladder disease	a. Asymptomatic	1	l	- 2	2	2	2	2	2			
	b. Symptomatic				_							
	i. Current	1	l	2	2	2	2	2	3			
	ii. Treated by cholecystectomy	1			2	2	2	2	2			
	iii. Medically treated	1		2	2	2	2	2	3			
Gestational trophoblastic disease (GTD) [‡]	a. Suspected GTD (immediate postevacuation)											
	i. Uterine size first trimester	•	*		1*	1*	1*	1*	1*			
	ii. Uterine size second trimester	2	2*	:	2*	1*	1*	1*	1*			
	b. Confirmed GTD											
	i. Undectectable or non-pregnant β-hCG levels	1*	1*	1*	1*	1*	1*	1*	1*			
	ii. Decreasing ß-hCG levels	2*	1*	2*	1*	1*	1*	1*	1*			
	iii. Persistently elevated ß-hCG levels											
	or malignant disease, with no evidence or suspicion	2*	1*	2*	1*	1*	1*	1*	1*			
	of intrauterine disease											
	iv. Persistently elevated ß-hCG levels											
	or malignant disease, with evidence or suspicion of intrauterine disease	4*	2*	4*	2*	1*	1*	1*	1*			
Headaches	a. Nonmigraine (<i>mild or severe</i>)	1	1	1		1	1	1	1*			
neauaciies	b. Migraine	1					•		1"			
	i. Without aura (includes menstrual migraine)	1		1		1	1	1	2*			
	ii. With aura	1		1		1	1	1	4*			
History of bariatric surgery [‡]	a. Restrictive procedures	1		i		1	1	1	1			
nistory or pariatric surgery	a. nestrictive procedures			•			-	•	COCs: 3			
	b. Malabsorptive procedures	1		1		1	1	3	P/R: 1			
History of cholestasis	a. Pregnancy related	1		1		1	1	1	2			
motory or tholestasis	b. Past COC related	1		2		2	2	2	3			
History of high blood pressure	b. rust coc related											
during pregnancy		1		1		1	1	1	2			
History of pelvic surgery	(see also Postpartum [including cesarean delivery])	1		1		1	1	1	1			
HIV	a. High risk for HIV	1*	1*	1*	1*	1	1	1	1			
		• "	• •	• "	• "							
	b. HIV infection					1*	1*	1*	1*			
	i. Clinically well receiving ARV therapy	1	1	1	1	If	f on ARV, see also Drug Interactions.					
	ii. Not clinically well or not receiving ARV therapy‡	2	1	2	1	14	on ARV, see also	Drug Interaction	nc			

Abbreviations: ARV = antiretroviral; C = continuation of contraceptive method; CHC = combined hormonal contracep $POP = progestin-only\ pill;\ P/R = patch/ring;\ SSRI = selective\ serotonin\ reuptake\ inhibitor;\ STRI = selective\ serotonin\ reuptake\ inhibitor;\ structure\ serotonin\ reuptake\ serotonin\ re$

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Condition	Sub-Condition	Cu-l	UD	LNG	-IUD	Implant	DMPA	POP	CHC	
			C	1	C	I C	I C	I C	I C	
Hypertension	a. Adequately controlled hypertension	1	*		1*	1*	2*	1*	3*	
	b. Elevated blood pressure levels (properly taken measurements)									
	i. Systolic 140-159 or diastolic 90-99	1*			1*	1*	2*	1*	3*	
	·	1			1^ 2*	2*	3*	2*	3* 4*	
	ii. Systolic ≥160 or diastolic ≥100 [‡]	1			<u>2*</u> 2*	2*	3*		4*	
Inflammatory bowel disease	c. Vascular disease (ulcerative colitis or Crohn's disease)	1	•	1		1	2	2*	2/3*	
<u>*</u>	,				-	-				
Ischemic heart disease‡	Current and history of	1		2	3	2 3	3	2 3	4	
Liver tumors	a. Benign									
	i. Focal nodular hyperplasia	1		_	2	2	2	2	2	
	ii. Hepatocellular adenoma [‡]	1		_	2	2	3	2	4	
	b. Malignant‡ (hepatocellular carcinoma)	1		3		3	3	3	4	
Malaria		1			1	1	1	1	1	
Multiple risk factors for atherosclerotic cardiovascular disease	(e.g., older age, smoking, diabetes, hypertension, low HDL, high LDL, or high triglyceride levels)	1		2		2*	3*	2*	3/4*	
Multiple sclerosis	a. Without prolonged immobility	1			1	1	2	1	1	
•	b. With prolonged immobility	1			1	1	2	1	3	
Obesity	a. Body mass index (BMI) ≥30 kg/m ²	1			1	1	1	1	2*	
	b. Menarche to <18 years and BMI ≥30 kg/m²	1			1	1	2	1	2*	
Ovarian cancer [‡]		1		1		1	1	1	1	
Parity	a. Nulliparous	2		2		1	1	1	1	
•	b. Parous	1			1	1	1	1	1	
Past ectopic pregnancy		1			1	1	1	2	1	
Pelvic inflammatory	a. Current	4	2*	4	2*	1	1	1	1	
disease	b. Past									
	i. With subsequent pregnancy	1	1	1	1	1	1	1	1	
	ii. Without subsequent pregnancy	2	2	2	2	1	1	1	1	
Peripartum cardiomyopathy [‡]	a. Normal or mildly impaired cardiac function									
	i. <6 months	2		2		1	2	1	4	
	ii. ≥6 months	2		2		1	2	1	3	
	b. Moderately or severely impaired cardiac function	2		2		2	3	2	4	
Postabortion	a. First trimester abortion									
(spontaneous or induced)	i. Procedural (surgical)	11			1*	1*	1*	1*	1*	
	ii. Medication	1*		1*		1*	1/2*	1*	1*	
	iii. Spontaneous abortion with no intervention	11	f		1*	1*	1*	1*	1*	
	b. Second trimester abortion									
	i. Procedural (surgical)	2		_	2*	1*	1*	1*	1*	
	ii. Medication	2		2*		1*	1*	1*	1*	
	iii. Spontaneous abortion with no intervention	2*		2*		1*	1*	1*	1*	
	c. Immediate postseptic abortion	4			4	1*	1*	1*	1*	
Postpartum	a. <21 days					1	2	1	4	
(nonbreastfeeding)	b. 21 days to 42 days									
	i. With other risk factors for VTE					1	2	1	3*	
	ii. Without other risk factors for VTE					1	1	1	2	
<u> </u>	c. >42 days					1	1	1	1	
Postpartum	a. <10 minutes after delivery of the placenta	2		_	2*					
(including cesarean	b. 10 minutes after delivery of the placenta to <4 weeks	2			2*					
delivery, breastfeeding, or nonbreastfeeding)	c. ≥4 weeks	11			1*					
<u>~</u>	d. Postpartum sepsis	4		_	4					
Pregnancy	1	4	e	4	4*	NA*	NA*	NA*	NA*	

										'					
Condition	Sub-Condition	Cu-	IUD	LNG	-IUD	lmp	lant	DM	PA	P)P	CHC	3		
			C	I C		I C		I C		: I С			C		
Rheumatoid	a. Not on immunosuppressive therapy	1		1		1		2		1		2	\neg		
arthritis	b. On immunosuppressive therapy	2	1	2 1		1		2/3*		1		2			
Schistosomiasis	a. Uncomplicated	1	i	1 1		1		1			1	1			
	b. Fibrosis of the liver [‡] (<i>if severe, see also Cirrhosis</i>)	1	I			1		1		1		1			
Sexually transmitted	a. Current purulent cervicitis or chlamydial infection or	_								1					
infections (STIs)	gonococcal infection	4	2*	4	2*	1		1			ı	1			
, ,	b. Vaginitis (including Trichomonas vaginalis and		_	_	_				1						
	bacterial vaginosis)	2	2	2	2	1	ı	1		1		1			
	c. Other factors related to STIs	2*	2	2* 2		1 1					1	1			
Sickle cell disease‡		2	2	1		1		2/3*		1		4			
Smoking	a. Age <35	1	l	1 1		1				1		2			
	b. Age ≥35, <15 cigarettes/day	1	I									3			
	c. Age ≥35, ≥15 cigarettes/day	1	l	1	I	1		1		1		4			
Solid organ	a. No graft failure	1	1	1	1	2		2/3*		2		2*			
transplantation [‡]	b. Graft failure	2	1	2	1	2		2/3*		2		4			
Stroke [‡]	History of cerebrovascular accident	1	1	2	2	2	3	3		2 3		4			
Superficial venous disorders	a. Varicose veins	1	I	1	Ī	1		1			ı	1			
-	b. Superficial venous thrombosis (acute or history)	1	i	1		1	ı	2			1	3*			
Surgery	a. Minor surgery without immobilization	1	I	1	1	1	l	1		1		1			
	b. Major surgery														
	i. Without prolonged immobilization	1	ī	1	ī	•	1	1		1		2			
	ii. With prolonged immobilization	1	I	1		1	I	2			1				
Systemic lupus erythematosus‡	a. Positive (or unknown) antiphospholipid antibodies	1*	1*	2	2*	2*		3*	3*	2*		4*			
-,	b. Severe thrombocytopenia	3*	2*	2	2*	:	2*	3* 2*			2*	2*			
	c. Immunosuppressive therapy	2*	1*	2*		:	2*	2* 2*		:	2*	2*			
	d. None of the above	1*	1*	2*		:	2*	2* 2*		:	2*				
Thalassemia		2	2	1				1		1		1			
Thrombophilia [‡]			*	2*		2*		3*		2*		4*	\neg		
Thyroid disorders	Simple goiter, hyperthyroid, or hypothyroid	1		_	·	1		1		1		1	\neg		
Tuberculosis [‡]	a. Nonpelvic	1	1	1	1	1*		1*		· 1*		1*			
(see also Drug Interactions)	b. Pelvic	4	3	4	3	_	1*	1*		1* 1*		1*	_		
Unexplained vaginal bleeding	(suspicious for serious condition) before evaluation	4*	2*	4*	2*		<u>.</u> 3*	3*		3* 2*		2*	-		
Uterine fibroids	(suspectous for serious condition) seriore evaluation	2		2		1		1		1		1			
Valvular heart disease	a. Uncomplicated	1		1		1		1		1		2			
	b. Complicated [‡]	1		_	i	1		2		1		4			
Vaginal bleeding patterns	a. Irregular pattern without heavy bleeding	1		1	1	2		2		2		1	\dashv		
	b. Heavy or prolonged bleeding	_	2*	1* 2*		2*		2*				1*	\dashv		
Viral hepatitis	a. Acute or flare	1						1		1		<u>-</u> -	2		
	b. Chronic	1			: I			1		_	: 1		1		
Drug Interactions	w. cinonic		•		•		•	<u> </u>			•	•			
Antiretrovirals (ARVs)	Fosamprenavir (FPV)														
used for prevention (PrEP) or	i osampichavii (i i v)	1/2*	1*	1/2* 1*		2*		;	*	-	2*	3*			
treatment of HIV [‡]	All other ARVs are 1 or 2 for all methods	'/		-	-				-	'	_	-			
Anticonvulsant therapy	a. Certain anticonvulsants (phenytoin, carbamazepine,												\neg		
,,	barbiturates, primidone, topiramate, oxcarbazepine)	1		1		2*		1*		-	3*	3*			
	b. Lamotrigine	1		1		1		1		1		3*			
Antimicrobial therapy	a. Broad-spectrum antibiotics	1		1		1				1		1			
.,	b. Antifungals	1	I	1		1				1		1		1	
	c. Antiparasitics	1	l	1		1				1		1			
	d. Rifampin or rifabutin therapy	1		i		2*				1*		3*		3*	
SSRIs		1	1		1		1					1		1	
St. John's wort												2			
		1	I	1		1 2			1		2				

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