



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



Condition	Sub-Condition	Cu-IUD		LNG-IUD		Implant		DMPA		POP		CHC	
		I	C	I	C	I	C	I	C	I	C	I	C
<b>Hypertension</b>	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*	
	ii. Systolic ≥160 or diastolic ≥100 <sup>†</sup>	1*		2*		2*		3*		2*		4*	
<b>Inflammatory bowel disease</b> (ulcerative colitis or Crohn's disease)		1		1		1		2		2		2/3*	
	c. Vascular disease	1*		2*		2*		3*		2*		4*	
<b>Ischemic heart disease<sup>‡</sup></b>	Current and history of	1	2	3	2	3	3	2	3	4			
<b>Liver tumors</b>	a. Benign												
	i. Focal nodular hyperplasia	1		2		2		2		2		2	
	ii. Hepatocellular adenoma <sup>‡</sup>	1		2		2		3		2		4	
	b. Malignant <sup>‡</sup> (hepatocellular carcinoma)	1		3		3		3		3		4	
<b>Malaria</b>		1		1		1		1		1		1	
<b>Multiple risk factors for atherosclerotic cardiovascular disease</b> (e.g., older age, smoking, diabetes, hypertension, low HDL, high LDL, or high triglyceride levels)		1		2		2*		3*		2*		3/4*	
<b>Multiple sclerosis</b>	a. Without prolonged immobility	1		1		1		2		1		1	
	b. With prolonged immobility	1		1		1		2		1		3	
<b>Obesity</b>	a. Body mass index (BMI) ≥30 kg/m <sup>2</sup>	1		1		1		1		1		2*	
	b. Menarche to <18 years and BMI ≥30 kg/m <sup>2</sup>	1		1		1		2		1		2*	
<b>Ovarian cancer<sup>‡</sup></b>		1		1		1		1		1		1	
<b>Parity</b>	a. Nulliparous	2		2		1		1		1		1	
	b. Parous	1		1		1		1		1		1	
<b>Past ectopic pregnancy</b>		1		1		1		1		2		1	
<b>Pelvic inflammatory disease</b>	a. Current	4	2*	4	2*	1		1		1		1	
	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	
<b>Peripartum cardiomyopathy<sup>‡</sup></b>	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	
<b>Postabortion</b> (spontaneous or induced)	a. First trimester abortion												
	i. Procedural (surgical)	1*		1*		1*		1*		1*		1*	
	ii. Medication	1*		1*		1*		1/2*		1*		1*	
	iii. Spontaneous abortion with no intervention	1*		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*	
<b>Postpartum</b> (nonbreastfeeding)	a. <21 days					1		2		1		4	
	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	
	c. >42 days					1		1		1		1	
<b>Postpartum</b> (including cesarean delivery, breastfeeding, or nonbreastfeeding)	a. <10 minutes after delivery of the placenta	2*		2*									
	b. 10 minutes after delivery of the placenta to <4 weeks	2*		2*									
	c. ≥4 weeks	1*		1*									
	d. Postpartum sepsis	4		4									
<b>Pregnancy</b>			4*		4*		NA*		NA*		NA*		NA*

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		I	C	I	C	I	C	I	C	I	C	I	C
<b>Rheumatoid arthritis</b>	a. Not on immunosuppressive therapy	1		1		1		2		1		2	
	b. On immunosuppressive therapy	2	1	2	1	1		2/3*		1		2	
<b>Schistosomiasis</b>	a. Uncomplicated	1		1		1		1		1		1	
	b. Fibrosis of the liver <sup>‡</sup> (if severe, see also Cirrhosis)	1		1		1		1		1		1	
<b>Sexually transmitted infections (STIs)</b>	a. Current purulent cervicitis or chlamydial infection or gonococcal infection	4	2*	4	2*	1		1		1		1	
	b. Vaginitis (including Trichomonas vaginalis and bacterial vaginosis)	2	2	2	2	1		1		1		1	
	c. Other factors related to STIs	2*	2	2*	2	1		1		1		1	
<b>Sickle cell disease<sup>‡</sup></b>		2		1		1		2/3*		1		4	
<b>Smoking</b>	a. Age <35	1		1		1		1		1		2	
	b. Age ≥35, <15 cigarettes/day	1		1		1		1		1		3	
	c. Age ≥35, ≥15 cigarettes/day	1		1		1		1		1		4	
<b>Solid organ transplantation<sup>‡</sup></b>	a. No graft failure	1	1	1	1	2		2/3*		2		2*	
	b. Graft failure	2	1	2	1	2		2/3*		2		4	
<b>Stroke<sup>‡</sup></b>	History of cerebrovascular accident	1		2		2	3	3		2	3	4	
<b>Superficial venous disorders</b>	a. Varicose veins	1		1		1		1		1		1	
	b. Superficial venous thrombosis (acute or history)	1		1		1		2		1		3*	
<b>Surgery</b>	a. Minor surgery without immobilization	1		1		1		1		1		1	
	b. Major surgery												
	i. Without prolonged immobilization	1		1		1		1		1		2	
	ii. With prolonged immobilization	1		1		1		2		1		4	
<b>Systemic lupus erythematosus<sup>‡</sup></b>	a. Positive (or unknown) antiphospholipid antibodies	1*	1*	2*		2*		3*	3*	2*		4*	
	b. Severe thrombocytopenia	3*	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*		2*	
<b>Thalassemia</b>		2		1		1		1		1		1	
<b>Thrombophilia<sup>‡</sup></b>		1*		2*		2*		3*		2*		4*	
<b>Thyroid disorders</b>	Simple goiter, hyperthyroid, or hypothyroid	1		1		1		1		1		1	
<b>Tuberculosis<sup>‡</sup></b> (see also Drug Interactions)	a. Nonpelvic	1	1	1	1	1*		1*		1*		1*	
	b. Pelvic	4	3	4	3	1*		1*		1*		1*	
<b>Unexplained vaginal bleeding</b>	(suspicious for serious condition) before evaluation	4*	2*	4*	2*	3*		3*		2*		2*	
<b>Uterine fibroids</b>		2		2		1		1		1		1	
<b>Valvular heart disease</b>	a. Uncomplicated	1		1		1		1		1		2	
	b. Complicated <sup>‡</sup>	1		1		1		2		1		4	
<b>Vaginal bleeding patterns</b>	a. Irregular pattern without heavy bleeding	1	1	1		2		2		2		1	
	b. Heavy or prolonged bleeding	2*		1*	2*	2*		2*		2*		1*	
<b>Viral hepatitis</b>	a. Acute or flare	1		1		1		1		1		3/4*	2
	b. Chronic	1		1		1		1		1		1	1
<b>Drug Interactions</b>													
<b>Antiretrovirals (ARVs) used for prevention (PrEP) or treatment of HIV<sup>‡</sup></b>	Fosamprenavir (FPV)	1/2*	1*	1/2*	1*	2*		2*		2*		2*	3*
	All other ARVs are 1 or 2 for all methods												
<b>Anticonvulsant therapy</b>	a. Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	1		1		2*		1*		3*		3*	
	b. Lamotrigine	1		1		1		1		1		3*	
<b>Antimicrobial therapy</b>	a. Broad-spectrum antibiotics	1		1		1		1		1		1	
	b. Antifungals	1		1		1		1		1		1	
	c. Antiparasitics	1		1		1		1		1		1	
	d. Rifampin or rifabutin therapy	1		1		2*		1*		3*		3*	
<b>SSRIs</b>		1		1		1		1		1		1	
<b>St. John's wort</b>		1		1		2		1		2		2	