

**Good Samaritan Health & Wellness Center**  
Policies and Procedures

Subject: Contraception Procedure	Policy #: 5.9.1
Prepared by: Chief Medical Officer	Revision #:
Approved by:	Effective Date: 7/25/2016

### 5.9.1 Contraception Procedure

**Provider Responsibilities:**

- History and Physical on eClinical Works
- Pelvic exam. May defer for 3 months but **preferable to do at first encounter**
- Testing:
  - PAP smear
  - STD testing - GC and Chlamydia (Gen Probe)
  - HIV
  - Hepatitis screen on request
  - Quantitative HCG

**Timing for starting contraceptives:**

WHEN TO START	METHOD						
CONDITION	Progestin Pill	Combined Pill	DMPA	Patch	IUD/IUS	NuvaRing	Implanon
Menses	First Day	First Day or 1 <sup>st</sup> Sunday	Day 1-5	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	Day 1-12	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	Day 1-5
Spontaneous Abortion < 12 weeks	First Day	1 <sup>st</sup> Day	Day 1-5	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	>4 weeks with menses	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	Within the 1 <sup>st</sup> 5 days
Induced Abortion < 12 weeks	First Day	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	Day 1-5	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	>0-3 weeks with menses	1 <sup>st</sup> Day or 1 <sup>st</sup> Sunday	Within the 1 <sup>st</sup> 5 days
Abortion > 18 Weeks Pregnant	First Day Up to 5 days	2 Weeks	Day 1-7	2 Weeks	>6 Weeks With Menses	2 Weeks	Day 21-28
Postpartum Not Breastfeeding	1 <sup>st</sup> Day up to two weeks	2-3 weeks	0-3 weeks	2-3 weeks	>6 weeks with menses	2-3 weeks	Day 21-28

Postpartum Breastfeeding	1 <sup>st</sup> Day up to 3 weeks	Avoid 1 <sup>st</sup> 6 weeks	0-5 weeks	Avoid 1 <sup>st</sup> 6 weeks	>6 weeks with menses	Avoid 1 <sup>st</sup> 6 weeks	Avoid 1 <sup>st</sup> 4 weeks
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- ✓ Patients will be offered the following methods of contraception:
  - Oral Contraceptives
  - Condoms
  - LARC including IUD (IUS), Nexplanon
  - Depo-Provera
  - Natural Family Planning
- ✓ Patient will be instructed to abstain from intercourse or use condoms for 2 weeks
- ✓ Return to the clinic in 2 weeks and do urine HCG
- ✓ If UCG is negative start contraception per guidelines, if positive refer appropriately
- ✓ Patient to be prescribed 6 -12 months of oral contraceptives
- ✓ IUD check in 1 month after insertion

### Absolute Contraindications

- I. Oral Contraceptives – Combined
  - a. Ischemic heart disease
  - b. Liver tumors
  - c. Postpartum cardiomyopathy
  - d. Postpartum breastfeeding < 21 days (Combined OCP ing?)
  - e. Increased Risk Factors for VTE
  - f. Smoking ≥ age 35
  - g. SLE
  - h. Thrombotic mutations
  - i. Viral Hepatitis
  - j. Drug Interactions: Anticonvulsants; rifampin
  - k. Breast Cancer – past or current
  - l. Cirrhosis
  - m. DM with Nephropathy or vascular disease
  - n. Migraines with aura
  - o. Hypertension 140-159/ 90-99
  - p. Vascular disease
  - q. History of bariatric surgery
  
- II. Oral Contraceptives – (Progesterone Only Pill)
  - a. Liver Tumors
  - b. Anticonvulsants
  - c. Rifampin
  - d. History of bariatric surgery

- III. Depo-Provera
  - a. Ischemic Heart Disease
  - b. At risk for Cardiovascular Disease
  - c. Rheumatoid arthritis
  - d. Lupus
  - e. Unexplained Vaginal Bleeding
  - f. Breast Cancer
  - g. DM with Nephropathy/Retinopathy or vascular disease
  - h. Migraines with aura
  - i. Hypertension 140-159/ 90-99 or greater
  
- IV. Implant (When available)
  - a. Liver tumors
  - b. Lupus
  - c. Unexplained Vaginal Bleeding
  
- V. LNG-IUD
  - a. Ischemic Heart Disease
  - b. Current Pelvic Inflammatory Disease
  - c. Postpartum Sepsis
  - d. Current STD
  - e. TB
  - f. Unexplained Vaginal Bleeding
  - g. HIV Antiretroviral Treatments
  - h. Current or Past Breast Cancer
  - i. Cervical Ectropion
  - j. Cirrhosis
  - k. Endometrial Cancer
  - l. Cervical Cancer
  - m. Gestational Trophoblastic Disease (Molar Pregnancy)
  - n. Migraines with aura
  - o. HIV (AIDS)
  - p. Distended Uterine Cavity
  
- VI. Cu-IUD (Paraguard)
  - a. Current PID
  - b. Post Abortion Sepsis
  - c. Postpartum Sepsis
  - d. Current STD
  - e. TB
  - f. Unexplained Vaginal Bleeding

- g. Antiretroviral Therapy
- h. Distended Uterine Cavity
- i. Cervical Cancer
- j. Endometrial Hyperplasia
- k. Molar Pregnancy (GTD)