



For accessible version, please see <https://www.cdc.gov/mmwr/volumes/73/rr/rr7304a1.htm>.

# 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/mmwr/volumes/73/rr/rr7304a1.htm>. Most 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 guidelines for up to date recommendations on hormonal contraception and ARVs: <https://clinicalinfo.hiv.gov/en/guidelines/perinatal/prepregnancy-counseling-childbearing-age-overview?view=full#table-3> and <https://clinicalinfo.hiv.gov/en/guidelines/hiv-clinical-guidelines-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		2		1		2		1		1	
	≥20 yrs:	1		1		1		1		1		2	
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*	
	b. Benign breast disease	1		1		1		1		1		1	
	c. Family history of cancer	1		1		1		1		1		1	
	d. Breast cancer <sup>‡</sup>												
	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*	
	b. 21 to <30 days postpartum												
	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												
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	2	1	2		2	
Cervical ectropion		1		1		1		1		1		1	
Cervical intraepithelial neoplasia		1		2		2		2		1		2	
Chronic kidney disease <sup>‡</sup>	a. Current nephrotic syndrome	1	1	2	2	2	3	2/4*		4		4	
	b. Hemodialysis	1	1	2	2	2	3	2/4*		4		4	
	c. Peritoneal dialysis	2	1	2	2	2	3	2/4*		4		4	
Cirrhosis	a. Compensated (normal liver function)	1		1		1		1		1		1	
	b. Decompensated <sup>‡</sup> (impaired liver function)	1		2		2		3		2		4	
Cystic fibrosis <sup>‡</sup>		1*		1*		1*		2*		1*		1*	
Deep venous thrombosis (DVT)/Pulmonary embolism (PE) <sup>‡</sup>	a. Current or history of DVT/PVE, receiving anticoagulant therapy (therapeutic dose)	2*		2*		2*		2*		2*		3*	
	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	
		I	C	I	C	I	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		2		2		2		2		2	
	ii. Insulin dependent <sup>‡</sup>	1		2		2		2		2		2	
c. Nephropathy, retinopathy, or neuropathy <sup>‡</sup>		1		2		2		3		2		3/4*	
	d. Other vascular disease or diabetes of >20 years' duration <sup>‡</sup>	1		2		2		3		2		3/4*	
Dysmenorrhea	Severe	2		1		1		1		1		1	
Endometrial cancer <sup>‡</sup>		4	2	4	2	1		1		1		1	
Endometrial hyperplasia		1		1		1		1		1		1	
Endometriosis		2		1		1		1		1		1	
Epilepsy <sup>‡</sup>	(see also Drug Interactions)	1		1		1*		1*		1*		1*	
Gallbladder disease	a. Asymptomatic	1		2		2		2		2		2	
	b. Symptomatic												
	i. Current	1		2		2		2		2		3	
ii. Treated by cholecystectomy	1		2		2		2		2		2		
iii. Medically treated	1		2		2		2		2		2		
Gestational trophoblastic disease (GTD) <sup>‡</sup>	a. Suspected GTD (immediate postevacuation)												
	i. Uterine size first trimester	1*		1*		1*		1*		1*		1*	
	ii. Uterine size second trimester	2*		2*		1*		1*		1*		1*	
	b. Confirmed GTD												
	i. Undetectable or non-pregnant β-hCG levels	1*	1*	1*	1*	1*		1*		1*		1*	
	ii. Decreasing β-hCG levels	2*	1*	2*	1*	1*		1*		1*		1*	
iii. Persistently elevated β-hCG levels or malignant disease, with no evidence or suspicion of intrauterine disease	2*	1*	2*	1*	1*		1*		1*		1*		
iv. Persistently elevated β-hCG levels or malignant disease, with evidence or suspicion of intrauterine disease	4*	2*	4*	2*	1*		1*		1*		1*		
Headaches	a. Nonmigraine (mild or severe)	1		1		1		1		1		1*	
	b. Migraine												
i. Without aura (includes menstrual migraine)	1		1		1		1		1		1	2*	
ii. With aura	1		1		1		1		1		1	4*	
History of bariatric surgery <sup>‡</sup>	a. Restrictive procedures	1		1		1		1		1		1	
	b. Malabsorptive procedures	1		1		1		1		3		3	
History of cholestasis	a. Pregnancy related	1		1		1		1		1		2	
	b. Past COC related	1		2		2		2		2		3	
History of high blood pressure 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*	
	i. Clinically well receiving ARV therapy	1	1	1	1								If on ARV, see also Drug Interactions.
ii. Not clinically well or not receiving ARV therapy <sup>‡</sup>	2	1	2	1									If on ARV, see also Drug Interactions.

**Abbreviations:** ARV = antiretroviral; C = continuation of contraceptive method; CHC = combined hormonal contraceptive (pill, patch, and ring); COC = combined oral contraceptive; Cu-IUD = copper intrauterine device; DMPA = depot medroxyprogesterone acetate; I = initiation of contraceptive method; LNG-IUD = levonorgestrel intrauterine device; NA = not applicable; POP = progestin-only pill; P/R = patch/ring; SSRI = selective serotonin reuptake inhibitor; STI = sexually transmitted infection; VTE = venous thromboembolism. <sup>‡</sup>Condition associated with increased risk as a result of pregnancy. \*Please see the complete guidance for a clarification to this classification: <https://www.cdc.gov/mmwr/volumes/73/rr/rr7304a1.htm>.

