

Contents

Overview	2
Take a Brief Sexual Health History	3
Assess Eligibility for Hormonal Contraception	4
Use Quick Start to Initiate Contraception Today	6
Oral Contraceptive Pills	7
Other Combined Hormonal Methods	8
Other Progestin-Only Methods	8
Non-Hormonal Methods	8
Important Prescribing Practices	9
Help Patients Make the Best Choice	10
Post-Abortion Contraception	11
Emergency Contraception: Hormonal Methods and Copper IUD	12
Information and Resources	13

Abbreviations

CDC	Centers for Disease Control and Prevention
CHCs	Combined Hormonal Contraceptives (including combined oral contraceptive pills, patch, ring)
COCs	Combined Oral Contraceptives
DMPA	Depot medroxyprogesterone acetate (Depo-Provera)
EC	Emergency Contraception
IUD	Intrauterine Device
LNG	Levonorgestrel
POPs	Progestin-Only Pills
STI(s)	Sexually Transmitted Infection(s)
VTE	Venous Thromboembolism
WHO	World Health Organization

Use Quick Start to Initiate Contraception Today

Quick Start can be used for any contraceptive method.

It does NOT require a pelvic exam, Pap test, complete physical exam or lab tests.

First day of LMP < 5 days ago?

YES

Initiate
contraception today.

NO

Do a urine pregnancy test.
If result is negative:

1. Initiate contraception today.
2. Advise condom use for one week as back-up.
3. Provide EC if patient has had unprotected sex in the past 5 days. (See page 12.)

- Urge condom use to protect against HIV and other STIs.
- Provide at least a 3-month supply of pills, rings, or patches.
- Patient should return for pregnancy test:
 - 3 weeks after starting DMPA
 - 3 weeks after starting an extended cycle pill
 - If no period at the end of first pill, patch, or ring cycle

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 B7>D;3 A4CDA= C> C74 >5K24 5>A O ?A46=O=2H C4BC
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 M 3>4B =>C 270=64 C74 A8B: >5) * B 5A>< D=?A>C42C43 B4G
 M +B4 ' D82:) COAC C> 8=8C8OC4 >=6>8=6 2>=CAO24?C8>= => C74 BO<4
 3OH %554A C74 + OB C74 <>BC 45542C8E4 <4C7>3 >5 4<4A64=2H
 2>=CAO24?C8>= ?;DB O BO54 O=3 45542C8E4 >?C8>= 5>A >=6>8=6
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'1C@-7 >>-@?7 *5/?58> -90 81=319/D :9?=-/1;?5:9
 \$.) &D1;82 40;C7 "OF O=3 \$. ">20; "OF A4@D8A4 C7OC
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92:=8-?5:9 -90 &1>:@=/1>

59-9/5-7 '@;:=?

>BC 2O= 14 O 1OAA84A C> 38B?4=B8=6 2>=CAO24?C8>= =>B8C4
 &A>E834AB <OH 14 4;8681;4 5>A 38B2>D=CB C7A>D67 C74 5434AO; 1
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1-7?4 -=1

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7CC? FFF =H2;D >A6 AA?/<8=>ABA867CB 7C<;

- 67:3 <= ; 7<7; C; /53 7A A>3174732 /<2 3/16 A7BC/B7=< A6=C:2 O3 1=<A723@32

7<27D72C/::G / 167:2 G=C<53@B6/< E=C:2 53<3@/::G O3 1=<A723@32 \$* B= 6/D3

B63 1/>/178G 4=@7<4=@; 32 1=<A3<B

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New York City Health Department

For the Public

Call 311 for sexual and reproductive health information and referrals, including:

- Brochures and Health Bulletins (ask for Health Bulletin #90 How to Prevent Pregnancy and Sexually Transmitted Infections)
- Neighborhood health care providers
- Free or low-cost health insurance
- Emergency contraception (or call (888) 668-2528 or visit www.not-2-late.com)
- Abortion services
- Where to get free, confidential or anonymous HIV counseling and testing, and free testing and care for other sexually transmitted infections (or visit nyc.gov/std)

For Providers

Providers may call the Health Department Call Center at 1-866-692-3641 for sexual and reproductive health resources, or visit the Health Care Provider Information page: www.nyc.gov/html/doh/html/ms/ms-hcp.shtml

Other Resources

Medical Eligibility Criteria for Contraceptive Use

CDC: www.cdc.gov/reproductivehealth/UnintendedPregnancy/USMEC.htm

WHO: www.who.int/reproductivehealth/publications/family_planning/9789241563888/en/index.html

Managing Contraception

www.managingcontraception.com

Copper IUD (ParaGard®) Support

(877) 727-2427 or www.paragard.com

Hormonal IUD (Mirena) Support

(888) 842-2937 or www.mirena-us.com

Implant (Nexplanon®) Support

(877) 467-5266 or www.nexplanon-usa.com