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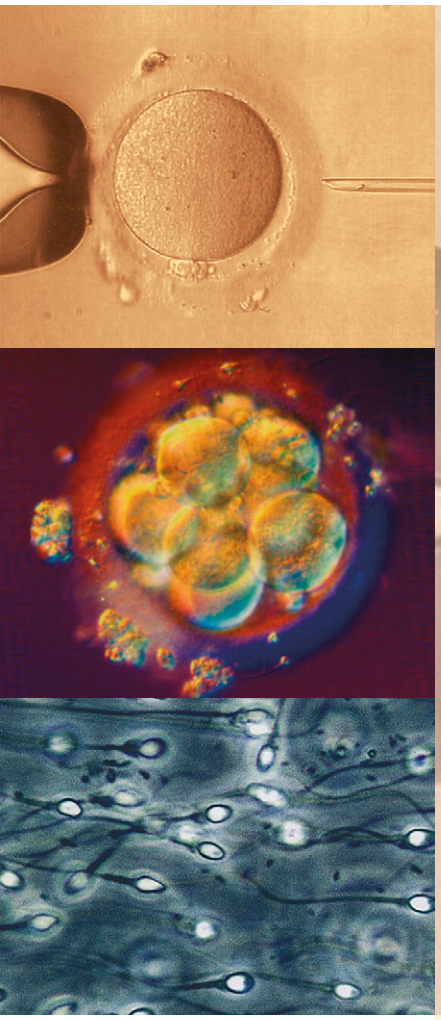

Medical Eligibility Criteria for Contraceptive Use - Fourth edition, 2009, A WHO Familiy Planning Cornerstone. Summary Tables

J. Reproduktionsmed. Endokrinol 2011; 8 (Sonderheft 1), 259-264

Offizielles Organ: AGRBM, BRZ, DVR, DGA, DGGEF, DGRM, D·I·R, EFA, OEGRM, SRBM/DGE

Indexed in EMBASE/Excerpta Medica/Scopus

Krause & Pachernegg GmbH, Verlag für Medizin und Wirtschaft, A-3003 Gablitz

ENDO FERTI FORUM

ENDOKRINOLOGIE & FERTILITÄT
FÜR KLINIK & PRAXIS

20.-21. März 2026

Universitätsmedizin Mainz

Einladung zu unserer wissenschaftlichen Veranstaltung Endo-Ferti-Forum

Brücke(n) zwischen Unikliniken und Praxen an Rhein und Main(z)

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Medical Eligibility Criteria for Contraceptive Use – Fourth edition, 2009 – A WHO Family Planning Cornerstone Summary Tables

Source: http://whqlibdoc.who.int/publications/2010/9789241563888_eng.pdf)

Condition	COC	CIC	P/R	POP	DMPA NET-EN	LNG/ETG Implants	Cu-IUD	LNG-IUD
PERSONAL CHARACTERISTICS AND REPRODUCTIVE HISTORY								
Pregnancy	NA+	NA+	NA+	NA+	NA+	NA+	4+	4+
Age	Menarche to < 40 = 1 ≥ 40 = 2		Menarche to < 40 = 1 ≥ 40 = 2	Menarche to < 18 = 1 18–45 = 1 > 45 = 1	Menarche to < 18 = 2 18–45 = 1 > 45 = 2	Menarche to < 18 = 1 18–45 = 1 > 45 = 1	Menarche to < 20 = 2 ≥ 20 = 1	Menarche to < 20 = 2 ≥ 20 = 1
Parity								
a) Nulliparous	1	1	1	1	1	1	2	2
b) Parous	1	1	1	1	1	1	1	1
Breastfeeding								
a) < 6 weeks postpartum	4	4	4	3+	3+	3+		
b) 6 weeks to < 6 months (primarily breastfeeding)	3	3	3	1	1	1		
c) ≥ 6 months postpartum	2	2	2	1	1	1		
Postpartum (non-breastfeeding women)								
a) < 21 days				1	1	1		
(i) without other risk factors for VTE	3+	3+	3+					
(ii) with other risk factors for VTE	3/4+	3/4+	3/4+					
b) ≥ 21 days				1	1	1		
(i) without other risk factors for VTE	2+	2+	2+					
ii) with other risk factors for VTE	2/3+	2/3+	2/3+					
c) > 42 days	1	1	1	1	1	1		
Postpartum (breastfeeding or non-breastfeeding women, including after caesarean section)								
a) < 48 hours including insertion immediately after delivery of the placenta							1	1 = not BF 3 = BF
b) ≥ 48 hours to < 4 weeks							3	3
c) ≥ 4 weeks							1	1
d) Puerperal sepsis							4	4
Post-Abortion								
a) First trimester	1+	1+	1+	1+	1+	1+	1+	1+
b) Second trimester	1	1	1	1	1	1	2	2
c) Immediate post-septic abortion	1	1	1	1	1	1	4	4
Past Ectopic Pregnancy	1	1	1	2	1	1	1	1
History of Pelvic Surgery (see postpartum, including caesarean section)	1	1	1	1	1	1	1	1

Condition	COC	CIC	P/R	POP	DMPA NET-EN	LNG/ETG Implants	Cu-IUD	LNG-IUD
Smoking								
a) Age < 35 years	2	2	2	1	1	1	1	1
b) Age ≥ 35 years								
(i) < 15 cigarettes/day	3	2	3	1	1	1	1	1
(ii) ≥ 15 cigarettes/day	4	3	4	1	1	1	1	1
Obesity	2	2	2	1	1	1	1	1
a) ≥ 30 kg/m² BMI								
b) Menarche to < 18 years and ≥ 30 kg/m² BMI	2	2	2	1	DMPA = 2 NET-EN = 1+	1	1	1
Blood Pressure Measurement Unavailable	NA+	NA+	NA+	NA+	NA+	NA+	NA+	NA+
CARDIOVASUCLAR DISEASE								
Multiple Risk Factors for Arterial Cardiovasular Disease (such as older age, smoking, diabetes and hypertension)	3/4+	3/4+	3/4+	2+	3+	2+	1	2
Hypertension								
a) History of hypertension where blood pressure CANNOT be evaluated (including hypertension during pregnancy)	3+	3+	3+	2+	2+	2+	1	2
b) Adequately controlled hypertension, where blood pressure CAN be evaluated	3+	3+	3+	1+	2+	1+	1	1
c) Elevated blood pressure levels (properly taken measurements)								
(i) systolic 140–159 or diastolic 90–99 mmHg	3	3	3	1	2	1	1	1
(ii) systolic ≥ 160 or diastolic ≥ 100 mmHg	4	4	4	2	3	2	1	2
d) Vascular disease	4	4	4	2	3	2	1	2
History of High Blood Pressure Druring Pregnancy (where current blood pressure is measurable and normal)	2	2	2	1	1	1	1	1
Deep Venous Thrombosis (DVT)/ Pulmonary Embolism (PE)								
a) History of DVT/PE	4	4	4	2	2	2	1	2
b) Acute DVT/PE	4	4	4	3	3	3	1	3
c) DVT/PE and established on anticoagulant therapy	4	4	4	2	2	2	1	2
d) Family history (first-degree relatives)	2	2	2	1	1	1	1	1
e) Major surgery								
(i) with prolonged immobilization	4	4	4	2	2	2	1	2
(ii) without prolonged immobilization	2	2	2	1	1	1	1	1
f) Minor surgery without immobilization	1	1	1	1	1	1	1	1
Known Thrombogenic Mutations (e.g. factor V Leiden; prothrombin mutation; protein S, protein C and antithrombin deficiencies)	4+	4+	4+	2+	2+	2+	1+	2+
Superficial Venous Thrombosis								
a) Varicose veins	1	1	1	1	1	1	1	1
b) Superficial thrombophlebitis	2	2	2	1	1	1	1	1
Current and History of Ischaemic Heart Disease	4	4	4	**I** 2 **C** 3	3	**I** 2 **C** 3	1	**I** 2 **C** 3

Condition	COC	CIC	P/R	POP	DMPA NET-EN	LNG/ETG Implants	Cu-IUD	LNG-IUD
Stroke (history of cerebro-vascular accident)	4	4	4	I 2 / C 3	3	I 2 / C 3	1	2
Known Hyperlipidaemias	2/3+	2/3+	2/3+	2+	2+	2+	1+	2+
Valvular Heart Disease								
a) Uncomplicated	2	2	2	1	1	1	1	1
b) Complicated (pulmonary hypertension, risk of atrial fibrillation, history of subacute bacterial endocarditis)	4	4	4	1	1	1	2+	2+
RHEUMATIC DISEASES								
Systemic Lupus Erythematosus					I / C		I / C	
a) Positive (or unknown) antiphospholipid antibodies	4	4	4	3	3 / 3	3	1 / 1	3
b) Severe thrombocytopenia	2	2	2	2	3 / 2	2	3+ / 2+	2+
c) Immunosuppressive treatment	2	2	2	2	2 / 2	2	2 / 1	2
d) None of the above	2	2	2	2	2 / 2	2	1 / 1	2
NEUROLOGIC CONDITIONS								
Headaches	I / C	I / C	I / C	I / C	I / C	I / C		I / C
a) Non-migrainous (mild or severe)	1+ / 2+	1+ / 2+	1+ / 2+	1+ / 1+	1+ / 1+	1+ / 1+	1+	1+ / 1+
b) Migraine								
(i) without aura								
Age < 35 years	2+ / 3+	2+ / 3+	2+ / 3+	1+ / 2+	2+ / 2+	2+ / 2+	1+	2+ / 2+
Age ≥ 35 years	3+ / 4+	3+ / 4+	3+ / 4+	1+ / 2+	2+ / 2+	2+ / 2+	1+	2+ / 2+
(ii) with aura (at any age)	4+ / 4+	4+ / 4+	4+ / 4+	2+ / 3+	2+ / 3+	2+ / 3+	1+	2+ / 3+
Epilepsy	1+	1+	1+	1+	1+	1+	1	1
	If on treatment, see Drug Interactions section							
DEPRESSIVE DISORDERS								
Depressive Disorders	1+	1+	1+	1+	1+	1+	1+	1+
REPRODUCTIVE TRACT INFECTIONS AND DISORDERS								
Vaginal Bleeding Patterns								I / C
a) Irregular pattern without heavy bleeding	1	1	1	2	2	2	1	1 / 1
b) Heavy or prolonged bleeding (includes regular and irregular patterns)	1+	1+	1+	2+	2+	2+	2+	1+ / 2+
Unexplained Vaginal Bleeding (suspicious for serious condition)							I / C	I / C
Before evaluation	2+	2+	2+	2+	3+	3+	4+ / 2+	4+ / 2+
Endometriosis	1	1	1	1	1	1	2	1
Benign Ovarian Tumors (including cysts)	1	1	1	1	1	1	1	1
Severe Dysmenorrhoea	1	1	1	1	1	1	2	1
Gestational Trophoblastic Disease								
a) Decreasing or undetectable β-hCG levels	1	1	1	1	1	1	3	3
b) Persistently elevated β-hCG levels or malignant disease	1	1	1	1	1	1	4	4
Cervical Ectropion	1	1	1	1	1	1	1	1
Cervical Intraepithelial Neoplasia (CIN)	2	2	2	1	2	2	1	2

Condition	COC	CIC	P/R	POP	DMPA NET-EN	LNG/ETG Implants	Cu-IUD		LNG-IUD	
Cervical Cancer							**I**	**C**	**I**	**C**
(awaiting treatment)	2	2	2	1	2	2	4	2	4	2
Breast Disease										
a) Undiagnosed mass	2+	2+	2+	2+	2+	2+	1		2	
b) Benign breast disease	1	1	1	1	1	1	1		1	
c) Family history of cancer	1	1	1	1	1	1	1		1	
d) Breast cancer										
(i) current	4	4	4	4	4	4	1		4	
(ii) past and no evidence of current disease for 5 years	3	3	3	3	3	3	1		3	
Endometrial Cancer							**I**	**C**	**I**	**C**
	1	1	1	1	1	1	4	2	4	2
Ovarian Cancer							**I**	**C**	**I**	**C**
	1	1	1	1	1	1	3	2	3	2
Uterine Fibroids										
a) Without distortion of the uterine cavity	1	1	1	1	1	1	1		1	
b) With distortion of the uterine cavity	1	1	1	1	1	1	4		4	
Anatomical Abnormalties										
a) That distort the uterine cavity							4		4	
b) That do not distort the uterine cavity							2		2	
Pelvic Inflammatory Disease (PID)										
a) Past PID (assuming no current risk factors of STIs)							**I**	**C**	**I**	**C**
(i) with subsequent pregnancy	1	1	1	1	1	1	1	1	1	1
ii) without subsequent pregnancy	1	1	1	1	1	1	2	2	2	2
b) PID – current	1	1	1	1	1	1	4	2+	4	2+
STIs							**I**	**C**	**I**	**C**
a) Current purulent cervicitis or chlamydial infection or gonorrhoea	1	1	1	1	1	1	4	2+	4	2+
b) Other STIs (excluding HIV and hepatitis)	1	1	1	1	1	1	2	2	2	2
c) Vaginitis (including trichomonas vaginalis and bacterial vaginosis)	1	1	1	1	1	1	2	2	2	2
d) Increased risk of STIs	1	1	1	1	1	1	2/3+	2	2/3+	2
HIV/AIDS										
High Risk of HIV							**I**	**C**	**I**	**C**
	1	1	1	1	1	1	2	2	2	2
HIV-Infected	1	1	1	1	1	1	2	2	2	2
AIDS	1+	1+	1+	1+	1+	1+	3	2+	3	2+
Clinically well on ARV therapy	If on treatment, see Drug Interactions section						2	2	2	2
Other Infections										
Schistosomiasis										
a) Uncomplicated	1	1	1	1	1	1	1		1	
b) Fibrosis of the liver	1	1	1	1	1	1	1		1	
Tuberculosis							**I**	**C**	**I**	**C**
a) Non-pelvic	1+	1+	1+	1+	1+	1+	1	1	1	1
b) Known pelvic	1+	1+	1+	1	1	1	4	3	4	3
	If on treatment, see Drug Interactions section									
Malaria	1	1	1	1	1	1	1		1	

Condition	COC	CIC	P/R	POP	DMPA NET-EN	LNG/ETG Implants	Cu-IUD	LNG-IUD
ENDOCRINE CONDITIONS								
Diabetes								
a) History of gestational disease	1	1	1	1	1	1	1	1
b) Non-vascular disease								
(i) non-insulin dependent	2	2	2	2	2	2	1	2
(ii) insulin dependent	2	2	2	2	2	2	1	2
c) Nephropathy/retinopathy/ neuropathy	3/4+	3/4+	3/4+	2	3	2	1	2
d) Other vascular disease or diabetes of > 20 years' duration	3/4+	3/4+	3/4+	2	3	2	1	2
Thyroid Disorders								
a) Simple goitre	1	1	1	1	1	1	1	1
b) Hyperthyroid	1	1	1	1	1	1	1	1
c) Hypothyroid	1	1	1	1	1	1	1	1
GASTROINTESTINAL CONDITIONS								
Gall Bladder Disease								
a) Symptomatic								
(i) Treated by cholecystectomy	2	2	2	2	2	2	1	2
(ii) Medically treated	3	2	3	2	2	2	1	2
(iii) Current	3	2	3	2	2	2	1	2
b) Asymptomatic	2	2	2	2	2	2	1	2
History of Cholestasis								
a) Pregnancy related	2	2	2	1	1	1	1	1
b) Past-COC related	3	2	3	2	2	2	1	2
Viral Hepatitis	**I C**	**I C**	**I C**					
a) Acute or flare	3/4+ 2	3 2	3/4+ 2	1	1	1	1	1
b) Carrier	1 1	1 1	1 1	1	1	1	1	1
c) Chronic	1 1	1 1	1 1	1	1	1	1	1
Cirrhosis								
a) Mild (compensated)	1	1	1	1	1	1	1	1
b) Severe (decompensated)	4	3	4	3	3	3	1	3
Liver Tumours								
a) Benign								
(i) Focal nodular hyperplasia	2	2	2	2	2	2	1	2
(ii) Hepatocellular adenoma	4	3	4	3	3	3	1	3
b) Malignant (hepatoma)	4	3/4	4	3	3	3	1	3
ANAEMIAS								
Thalassaemia	1	1	1	1	1	1	2	1
Sickle Cell Disease	2	2	2	1	1	1	2	1
Iron-Deficiency Anaemia	1	1	1	1	1	1	2	1
DRUG INTERACTIONS								
Antiretroviral Therapy (See Annex 1)						**I**	**C**	**I C**
a) Nucleoside reverse transcriptase inhibitors (NRTIs)	1+	1	1	1	DMPA = 1 NET-EN = 1	1	2/3+	2+ 2/3+ 2+
b) Non-nucleoside reverse transcriptase inhibitors (NNRTIs)	2+	2+	2+	2+	DMPA = 1 NET-EN = 2+	2+	2/3+	2+ 2/3+ 2+
c) Ritonavir-boosted protease inhibitors	3+	3+	3+	3+	DMPA = 1 NET-EN = 2+	2+	2/3+	2+ 2/3+ 2+
Anticonvulsant Therapy								
a) Certain anticonvulsants (phenytoin, carbamazepine, barbiturates, primidone, topiramate, oxcarbazepine)	3+	2	3+	3+	DMPA = 1 NET-EN = 2+	2+	1	1

Condition	COC	CIC	P/R	POP	DMPA NET-EN	LNG/ETG Implants	Cu-IUD	LNG-IUD
b) Lamotrigine	3+	3	3	1	1	1	1	1
Antimicrobial Therapy								
a) Broad-spectrum antibiotics	1	1	1	1	1	1	1	1
b) Antifungals	1	1	1	1	1	1	1	1
c) Antiparasitics	1	1	1	1	1	1	1	1
d) Rifampicin or rifabutin therapy	3+	2+	3+	3+	DMPA=1 NET-EN = 2+	2+	1	1

I = initiation; C = continuation; BF = breastfeeding; NA = not applicable

+ = Please consult the tables in the source text for a clarification to this classification; type of Contraceptive:

Condition	Category	Clarification/Evidence
Condition	Condition classified from 1 to 4 The categories for fertility awareness-based methods and surgical sterilization are described at the beginning of the relevant section.	Clarifications and evidence regarding the classification

NA denotes a condition for which a category was not given by the Working Group but for which clarifications have been provided.

1. A condition for which there is no restriction for the use of the contraceptive method.
2. A condition where the advantages or using the method generally outweigh the theoretical or proven risks.
3. A condition where the theoretical or proven risks usually outweigh the advantages or using the method.
4. A condition which represents an unacceptable health risk if the contraceptive method is used.

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