

# Contraception Choices for Individuals who use Substances\*

\*Readapted from Reproductive Health Access Project Your Birth Control Choices Fact Sheet



## Key


Purple = Alcohol Use Disorder (AUD)


Blue = Opioid Use Disorder (OUD)



Green = Tobacco Use Disorder (TUD)

Method	How to Use	Impact on Bleeding	Things to Know	How Well Does it Work	Substance use Considerations & Contraindications	Interpersonal Violence (IPV) Considerations
<b>The Implant - Nexplanon</b>	<ul style="list-style-type: none"> <li>A clinician places it under the skin of the upper arm</li> <li>It must be removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>Can cause irregular bleeding and spotting</li> <li>After 1 year, you may have no monthly bleeding at all</li> <li>Cramps often improve</li> </ul>	<ul style="list-style-type: none"> <li>Long lasting (up to 5 years)</li> <li>You can become pregnant right after it is removed</li> <li>It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>May cause mood changes</li> </ul>	>99%	<p><b>AUD:</b> No contraindications for those with mild alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p> <p>Risks outweigh benefits for those with acute alcohol related hepatitis<sup>1</sup></p> <p>Risks outweigh benefits for those with severe alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p> <p><b>OUD:</b> No contraindications for those with chronic viral hepatitis<sup>1</sup></p> <p>Bruising from Nexplanon insertion could appear similar to bruising from injection use and therefore, potentially be a trigger<sup>2</sup></p>	Bruising from insertion could appear similar to bruising from IPV
<b>IUD: Copper, Paragard</b>	<ul style="list-style-type: none"> <li>Must be placed in uterus</li> </ul>	<ul style="list-style-type: none"> <li>May cause cramps and heavy</li> </ul>	<ul style="list-style-type: none"> <li>May be left in place for up to 12 years</li> </ul>	>99%		Insertion and/or removal could be

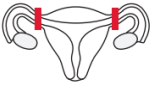
	<p>by a clinician</p> <ul style="list-style-type: none"> <li>• Usually removed by a clinician</li> </ul>	<p>monthly bleeding</p> <ul style="list-style-type: none"> <li>• May cause spotting between monthly bleeding (if you take testosterone, this may not be an issue)</li> <li>• Heavy bleeding could require regular access to a bathroom<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>• You can become pregnant right after removal</li> <li>• It may lower the risk of uterine lining cancer, ovarian cancer, and PCOS</li> <li>• Must be placed by a healthcare provider</li> <li>• Rarely, uterus is injured during placement</li> <li>• Self-removal option available but may not be feasible for all patients<sup>3</sup></li> <li>• Individualized discussion regarding use of lidocaine gel or paracervical block to reduce pain during tenaculum placement<sup>4,5</sup></li> </ul>			<p>traumatizing for those with a history of IPV</p>
<p><b>Hormonal IUD:</b> <b>Mirena,</b> <b>Liletta,</b> <b>Skyla</b></p> 	<ul style="list-style-type: none"> <li>• Must be placed in uterus by a clinician</li> <li>• Usually removed by a clinician</li> </ul>	<ul style="list-style-type: none"> <li>• May improve cramps</li> <li>• May cause lighter monthly bleeding, spotting, or no monthly bleeding at all</li> </ul>	<ul style="list-style-type: none"> <li>• Uses levonorgestrel, a progestin</li> <li>• May be left in place 3 to 8 years, depending on which IUD you choose</li> <li>• You can become pregnant right after removal</li> <li>• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary syndrome (PCOS)</li> <li>• Must be placed by a healthcare provider</li> <li>• Rarely, uterus is injured during placement</li> <li>• Self-removal option available but may not be feasible for all patients<sup>3</sup></li> <li>• Individualized discussion regarding use of lidocaine gel or paracervical block to reduce pain during</li> </ul>	<p>&gt;99%</p>	<p>AUD: No contraindications for those with mild alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p> <p>Risks outweigh benefits for those with acute alcohol related hepatitis<sup>1</sup></p> <p>Risks outweigh benefits for those with severe alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p>	<p>Insertion and/or removal could be traumatizing for those with a history of IPV</p>

			tenaculum placement <sup>4,5</sup>		<p> <b>UD:</b>            No contraindications for those with chronic viral hepatitis<sup>1</sup> </p>	
<p><b>The Patch</b></p> 	<ul style="list-style-type: none"> <li>• Apply a new patch once a week for three weeks</li> <li>• No patch in week 4</li> </ul>	<ul style="list-style-type: none"> <li>• Can make monthly bleeding more regular and less painful</li> <li>• May cause spotting the first few months</li> </ul>	<ul style="list-style-type: none"> <li>• You can become pregnant right after stopping patch</li> <li>• Can irritate skin under the patch</li> <li>• This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> </ul>	93%	<p> <b>AUD:</b>            No contraindications for those with mild alcohol associated liver disease or decompensated cirrhosis<sup>1</sup> </p> <p>           Not recommended for those with severe alcohol associated liver disease or decompensated cirrhosis<sup>1</sup> </p> <p> <b>UD:</b>            No contraindications for those with chronic viral hepatitis<sup>1</sup> </p> <p>           Risk/benefit discussion for people who inject drugs (PWID) as injection drug use (IDU) is a risk factor for deep vein thrombosis (DVT)<sup>6</sup> </p> <p>           Could be mistaken for fentanyl patch, which potentially is a trigger for relapse<sup>2</sup> </p>	<p>May be difficult to conceal if there is concern for reproductive coercion</p>

					TUD: Avoid in those >35 years old and more than 15 cigarettes given increased risk of blood clots <sup>7</sup>	
<b>The Pill *combined</b>  	<ul style="list-style-type: none"> <li>• Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>• Often causes spotting, which may last for many months</li> </ul>	<ul style="list-style-type: none"> <li>• Can improve PMS symptoms</li> <li>• Can improve acne</li> <li>• Helps prevent cancer of the ovaries</li> <li>• This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> <li>• You can become pregnant right after stopping the pills</li> <li>• May cause nausea, weight gain, headaches, change in sex drive - some of these can be relieved by changing to a new brand</li> <li>• Could be difficult to take at the same time everyday</li> </ul>	93%	<p>AUD: No contraindications for those with mild alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p> <p>Not recommended for those with severe alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p> <p>           OUD:            No contraindications for those with chronic viral hepatitis<sup>1</sup> </p> <p>Risk/benefit discussion for PWID as IDU is a risk factor for DVT<sup>6</sup></p> <p>TUD: Avoid in those &gt;35 years old and more than 15 cigarettes given increased risk of blood clots<sup>7</sup></p>	
<b>Progestin Only Pills</b>	<ul style="list-style-type: none"> <li>• Take the pill daily</li> </ul>	<ul style="list-style-type: none"> <li>• Can make monthly bleeding more regular and less painful</li> <li>• May cause</li> </ul>	<ul style="list-style-type: none"> <li>• You can become pregnant right after stopping the pills</li> <li>• It may lower the risk of uterine lining cancer, ovarian cancer, and polycystic ovary</li> </ul>	93%	<p>AUD: No contraindications for those with mild alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p>	

		<p>spotting the first few months</p>	<p>syndrome (PCOS)</p> <ul style="list-style-type: none"> <li>• May cause depression, hair or skin changes, change in sex drive</li> <li>• Effectiveness relies on taking at the same time everyday</li> <li>• Could be difficult to take at the same time everyday</li> </ul>		<p>Risks outweigh benefits for those with acute alcohol related hepatitis<sup>1</sup></p> <p>Risks outweigh benefits for those with severe alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p>	
<p><b>The Ring</b></p> 	<ul style="list-style-type: none"> <li>• Insert a small ring into the vagina</li> <li>• Monthly Ring: Change ring each month</li> <li>• Yearly Ring: Change ring each year</li> </ul>	<ul style="list-style-type: none"> <li>• Can make monthly bleeding more regular and less painful</li> <li>• May cause spotting the first few months</li> <li>• Can increase vaginal discharge</li> </ul>	<ul style="list-style-type: none"> <li>• There are two types: a monthly ring and a yearly ring.</li> <li>• One size fits all</li> <li>• You can become pregnant right after stopping the ring <ul style="list-style-type: none"> <li>• This method contains estrogen - it is unclear if estrogen interacts with testosterone</li> <li>• Storing at room temperature may be difficult<sup>2</sup></li> </ul> </li> </ul>	<p>93%</p>	<p>AUD: No contraindications for those with mild alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p> <p>Not recommended for those with severe alcohol associated liver disease or decompensated cirrhosis<sup>1</sup></p>	<p>Private/more easily concealed if concern for reproductive coercion</p>
<p>OU: No contraindications for those with chronic viral hepatitis<sup>1</sup></p>						
<p>Risk/benefit discussion for PWID as IDU is a risk factor for DVT<sup>6</sup></p>						



					TUD: Bone loss more likely to occur in individuals using Depot who smoke <sup>11</sup>	
<b>Sterilization: Tubal Methods</b> 	<ul style="list-style-type: none"> <li>• These methods block or cut the Fallopian tubes</li> <li>• A clinician reaches the tubes through your belly</li> </ul>	None	<ul style="list-style-type: none"> <li>• These methods are permanent and highly effective</li> <li>• Reversal is difficult</li> <li>• The risks include infection, bleeding, pain, and reactions to anesthesia</li> </ul>	>98%		Procedure could be traumatizing for those with a history of IPV or history of reproductive coercion

### References

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