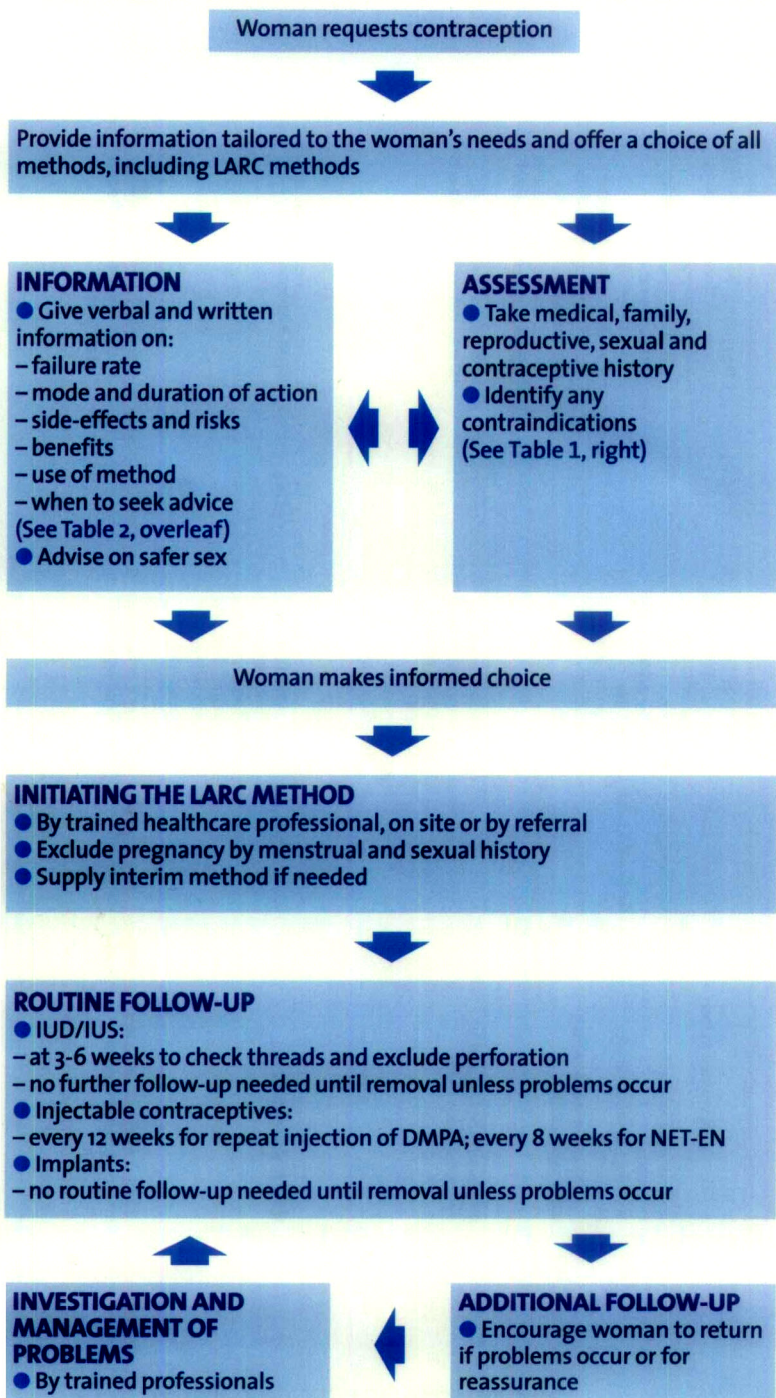


## Key practice points

### Advising women on contraceptive options



**Table 1**

### LARC choices for specific groups of women

#### ALL LARC METHODS ARE SUITABLE FOR:

nulliparous women; women who are breastfeeding; women who have had an abortion; women with BMI >30; women with HIV (but encourage safer sex); women with diabetes; women with migraine with or without aura (all progestogen-only methods may be used); women with contraindication to oestrogen

#### ADOLESCENTS:

**IUD, IUS, implants:** no specific restrictions to use  
**DMPA:** care needed; use only if other methods unacceptable or unsuitable (see CSM advice, Nov 2004)  
Fraser guidelines on informed consent apply if <16; consider child protection

#### WOMEN OVER 40:

**IUD, IUS, implants:** no specific restrictions to use  
**DMPA:** care needed, but benefits generally outweigh risks (see CSM advice, Nov 2004)

#### POST-PARTUM, INCLUDING BREASTFEEDING WOMEN:

**IUD, IUS:** can be inserted from 4 weeks after childbirth  
**DMPA, implants:** any time after childbirth

#### WOMEN WITH EPILEPSY:

**IUD, IUS, DMPA:** no specific contraindications; DMPA use may be associated with reduced seizure frequency  
**Implants:** not recommended for women taking enzyme-inducing drugs

#### WOMEN AT RISK OF STIs:

**IUD, IUS:** tests may be needed before insertion  
**DMPA, implants:** no specific contraindications  
Advise on safer sex