

WHAT BIRTH CONTROL IS SAFE WITH RHEUMATIC DISEASE?*

Safe for all

Most effective at preventing pregnancy.

Can be used alone or with any other method for STIs protection.



IUDs Implant Mini-Pill Condom Pulling Out

EXIT

These methods as well as fertility awareness, diaphragms, and sterilization are safe for everyone with rheumatic disease—including lupus!

Safe for most

Steroid medications and the shot can affect bone health.

Think about another method if you have very active lupus.




Shot Ring Pill

The benefits of these methods generally outweigh the potential risks.

Consider other methods if you have positive antiphospholipid antibodies.

It depends



Patch

Consider other methods if you have lupus or positive antiphospholipid antibodies.

Most birth control methods are safe for people with rheumatic disease—including lupus.




For more information about your birth control options, go to Bedsider.org/Rheum

*There are many rheumatic and musculoskeletal diseases and conditions including fibromyalgia, lupus, psoriatic arthritis, rheumatoid arthritis, and scleroderma. For a complete list go to: www.rheumatology.org/1-Am-A/Patient-Caregiver/Diseases-Conditions

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WHAT BIRTH CONTROL CAN I TAKE AFTER SEX?

All types of emergency contraception (EC) are safe with a rheumatic disease*

Types of EC	When can I use it?	How do I get EC?	What about next time?
 <p>IUDs</p>	<p>Anytime up to 5 days</p> <p>Nearly 100% effective.</p>	<p>Visit a health care provider to have an IUD placed</p> <p>Say it's for EC so you are scheduled quickly.</p>	<p>Keeps working</p> <p>You can keep it as super effective birth control.</p>
 <p>Prescription EC Pills</p>	<p>ASAP but can work up to 5 days</p> <p>May be less effective for people over 195 pounds.</p>	<p>Need a prescription</p> <p>Talk to a health care provider online or in person.</p>	<p>Take it every time you need EC</p> <p>You may need to wait 5 days to start other birth control.</p>
 <p>Over-the-counter EC Pills</p>	<p>ASAP works best within 3 days but may work up to 5 days</p> <p>May be less effective for people over 165 pounds.</p>	<p>No prescription needed</p> <p>Find it at a pharmacy, clinic, or online.</p>	<p>Take it every time you need EC</p> <p>You can start other birth control at the same time.</p>

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