

14th Annual Conference of the
National HIV Nurses Association (NHIVNA)



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HIV and Contraception
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- What contraceptive choices do HIV +ve women have?
- Emergency contraception
- Post Exposure Prophylaxis

What Guidance

- UK Medical Eligibility Criteria 2009 (UKMEC) www.fsrh.org/
- Drug Interactions with Hormonal Contraception 2010 (updated 2011) CEU www.fsrh.org/
- Current BNF www.bnf.org
- BASHH
- www.nhivna.org
- www.hiv-druginteractions.org
- www.medicines.org.uk/emc

UKMEC Categories 2009

1. No restriction
2. Advantages outweigh theoretical or proven risk
3. Theoretical/proven risk generally outweighs the advantages
4. Unacceptable health risk

What Contraception

- HIV +ve and no treatment
Full history to establish any contraindications. All methods (no nonoxinol-9)
- Drug interactions
TB, epilepsy
- Personal Choice

On treatment

- Depo-Provera®
No known drug interactions, caution BMD
- Intrauterine device (IUD)
Non hormonal
- Intrauterine system (IUS)
progestogen acts locally lighter/no periods

Emergency Contraception

- On treatment?
- IUD
- Levonelle 3mg (double dose)
- NOT ellaOne® (ulipristal acetate)
PRM, new black triangle drug

Post Exposure Prophylaxis

- What contraception currently using?
- CHC/POP/Implant
 - -what would you advice?
- Depo-Provera/IUD/IUS

PEP and CHC/POP/Implants

- Drug interaction- need for additional contraception for duration of treatment +28 days
- CHC- COC \geq 30mcg EE extended regime/tricycle with a 4 day break + condoms.
- COC \geq 50mcg EE extended regime/tricycle 4 day break no additional contraception required. If BTB can increase EE up to 70 mcg.
- POP + EP
- Implant + EP
- Switch method temporarily

Main points to remember!

- No treatment
 - All options available dependant on personal/familial history + consistent use of condoms
- On ART
 - Injectables/IUD/IUS very effective contraception
- PCC
 - IUD or 3mg (2 tabs) Levonelle unlicensed up to 120 hrs unlicensed
- PEP
 - can continue with method though may need additional contraception + 28 days

Thank You