

## 2021 RECOMMENDATION UPDATE SUMMARY

# Contraception

JANUARY 2022

### WHAT DOES THE WPSI RECOMMEND?

For all adolescent and adult women, ages 13 and older:

**Access** to the full range of contraceptives and contraceptive care

### WHAT IS INCLUDED IN THE FULL RANGE OF CONTRACEPTIVES?

The full range of contraceptives includes those listed in the [FDA's Birth Control Guide](#): 1) sterilization surgery for women, 2) implantable rods, 3) copper intrauterine devices, 4) intrauterine devices with progestin (all durations and doses), 5) injectable contraceptives, 6) oral contraceptives (combined pill), 7) oral contraceptives (progestin only), 8) oral contraceptives (extended or continuous use), 9) the contraceptive patch, 10) vaginal contraceptive rings, 11) diaphragms, 12) contraceptive sponges, 13) cervical caps, 14) condoms, 15) spermicides, 16) emergency contraception (levonorgestrel), and 17) emergency contraception (ulipristal acetate); and any additional contraceptives approved, granted, or cleared by the FDA.

### WHAT'S NEW?

The WPSI clarified the intent of the term “contraceptive care” to include **screening, education, counseling, and provision of contraceptives** (including in the immediate postpartum period). Contraceptive care also includes follow-up care (eg, management, evaluation, and changes, including the removal, **continuation**, and discontinuation of contraceptives).

### WHAT SHOULD BE CONSIDERED WHEN IMPLEMENTING THIS RECOMMENDATION?

Contraceptive counseling should be between an individual and clinician or appropriately trained professional, emphasizing patient-centered decision-making and allowing for discussion of the benefits, risks, and preferences of the full range of contraceptive options.

The WPSI recommends providing alternative contraceptives as determined by the individual and the clinician when a particular drug or device is not tolerated or is inappropriate. This includes initiation, discontinuation,

and timely removal of contraceptives. More than one visit may be necessary to identify appropriate contraceptive methods, manage contraceptive side effects, achieve effective contraception, and optimize use as determined through shared decision-making. In addition, the WPSI recommends that emergency contraception, including advanced provision, should be broadly available and provided to all women who may benefit.

Clinicians should consider the cultural and linguistic needs and priorities of each individual, and counseling should be consistent, respectful, affirming, and nonstigmatizing.

### WHAT ARE OTHER RELEVANT RECOMMENDATIONS?

AAP has issued recommendations on [contraceptives](#) for pediatrics.

### WHERE TO READ THE FULL RECOMMENDATION STATEMENT?

Visit the WPSI website to read the [full recommendation](#). This includes more details on implementation considerations, research recommendations, and the full evidence summary.

### WHAT WPSI RESOURCES ARE AVAILABLE?

- [Well-Woman Chart](#)
- [Clinical Summary Tables](#)
- [Coding Guide](#)
- [How I Practice Video: Contraception](#)
- [Patient Education Materials](#)

#### ABBREVIATIONS:

WPSI = Women's Preventive Services Initiative  
FDA = Food and Drug Administration

WPSI recommends and encourages access to and provision of respectful, gender-affirming, high-quality, and safe health care. Please see our [gender inclusivity statement](#) for more information.

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