

Almost 20,000 young women (< 20 years of age) get pregnant each year and 70% of those pregnancies are unintentional. By assisting youth to access effective contraception and use it consistently, we can help reduce unintentional pregnancies.

## HISTORY

- Discuss **sexual health, family planning, and contraception with all youth** – even those who are not yet sexually active.
- Screen the **past medical history**.
- Look up **medications and medical conditions** in the World Health Organization Medical Eligibility Criteria (WHO-MEC) to determine if there is a contraindication to contraception.
- Contraindications are rare in youth and **most teens can safely start contraception**.



## PHYSICAL EXAM

- **Blood pressure**
- A pelvic exam is **NOT** required for contraception.
- **STI screening is encouraged**, but not required for the initiation of contraception.
- **Screen for STIs** either before or at the time of IUD insertion.



## CONTRACEPTION COUNSELLING

- **Recommend contraception in order of effectiveness** as it influences the patient's choice. **LARCs are 1st line!**
- LARCs are safe in youth.
- Discuss the **effectiveness, risks, and side effects** of each method.
- **Prescribe collaboratively** by involving youth in the decision of which contraceptive is best for them and respect that decision.
- Encourage **adjunctive condom use** to prevent transmission of STIs.
- Inform all youth about **emergency contraception options**.

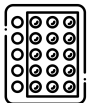
## MOST EFFECTIVE



**Long-acting reversible contraception (LARCs):**  
(IUD, subcutaneous implants)



**Hormonal short-acting reversible contraception (SARCs):**  
pills, patches, vaginal rings, injectables



**Methods used at the time of intercourse:** male and female condoms, diaphragms, cervical caps, sponges, and spermicide



Withdrawal

**LEAST EFFECTIVE**

## REMOVE BARRIERS TO CONTRACEPTION

- **No need for a separate appointment**, provide a prescription for contraception whenever youth request it.
- **No need for a pelvic exam**, except at the time of IUD insertion.
- **No need for STI testing**, except at the time of IUD insertion.

- **Quick start**
- Provide **long-term 12-month prescriptions**
- Ask about **how they will pay** for the contraceptive and help them figure out where/how to get it, especially if they need it confidentially.



September 2020