

Appendix A

## Contraception Options for Women with Diabetes Mellitus

<b>Method</b>	<b>Considerations for women with preexisting diabetes and gestational diabetes mellitus</b>
Barrier Methods - condoms, diaphragm, cervical cap	<ul style="list-style-type: none"> <li>❖ Higher failure rates.</li> <li>❖ Condoms provide protection against HIV and STD's. Failure rates improve with the addition of spermicides.</li> </ul>
Hormonal Methods - birth control pills, injections, patches, vaginal rings, and implants	<ul style="list-style-type: none"> <li>❖ Prevent ovulation, require monitoring of weight, blood pressure, pre and post glucose, fasting lipids, and vascular screen.</li> <li>❖ Not recommended for women who smoke or have micro and/or macrovascular complications.</li> <li>❖ Increase the incidence of depression.</li> <li>❖ May affect lipids by decreasing HDL and increasing LDL and cholesterol.</li> <li>❖ Combination pills not recommended postpartum until breastfeeding is well established at 6 weeks to 3 months. Not shown to affect glucose intolerance.</li> <li>❖ Progestin only will increase glucose intolerance for preexisting DM and may require medication adjustment.</li> <li>❖ Progestin only for GDM will nearly triple the diabetes diagnosis above women using non-hormonal methods while breastfeeding. It is not recommended.</li> </ul>
Spermicides	<ul style="list-style-type: none"> <li>❖ High failure rates if used alone.</li> <li>❖ Due to high failure rate of this method, women should be offered on going preconception care.</li> </ul>
IUD	<ul style="list-style-type: none"> <li>❖ Very high effectiveness at preventing pregnancy.</li> <li>❖ Those that contain hormones do not have a systemic effect on blood glucose.</li> </ul>
Natural Family Planning - periodic abstinence, calendar method, ovulation method, symptothermal method, continuous breastfeeding and withdrawal.	<ul style="list-style-type: none"> <li>❖ Significant failure rates.</li> <li>❖ Due to high failure rate of this method, women should be offered on going preconception care.</li> </ul>
Sterilization	<ul style="list-style-type: none"> <li>❖ Surgical procedure, usually not reversible.</li> </ul>
Emergency Contraception	<ul style="list-style-type: none"> <li>❖ Low failure rate and is only method post sexual activity.</li> <li>❖ Progestin in these products may temporarily disrupt glucose control.</li> </ul>