TITLE: Resolution to Promote Emergency Contraceptives Effective Regardless of Weight

TO: CAFP All-Members Meeting – Passed 3/2014
AAFP National Council of Special Constituencies – Passed 5/2014
AAFP Congress of Delegates – Passed 9/2014

Introduced by: Rossan Chen MD MSc, Lealah Pollock MD MS, Sarah McNeil MD and Suzan Goodman MD MPH

Endorsed by: Sonoma and San Francisco Chapters

WHEREAS, approximately half of all pregnancies are unintended and occur during a month when contraceptives are used, and

WHEREAS, levonorgestrel emergency contraceptives (EC) (such as Plan B, One-Step, and Next Choice) is less efficacious with increasing BMI, such that obese women (BMI ≥30) are at a 4-fold higher risk of pregnancy compared to normal weight women, and

WHEREAS, ulipristal acetate EC (Ella®) is also slightly less efficacious, such that obese women are at 2-fold higher risk of pregnancy compared to normal weight women, and

WHEREAS, a copper IUD is the most reliable method of EC regardless of BMI, with over 99% effectiveness if inserted within 5 days of unprotected sexual intercourse regardless of BMI, is safe for most women, and is highly cost effective as ongoing contraception for up to 12 years, and

WHEREAS, a study of women seeking EC showed 40% accepted an IUD and were half as likely to be pregnant 1 year later compared to those choosing oral levonorgestrel, and

WHEREAS, copper IUDs, are recommended by ACOG for EC and have been safely used and approved in the Europe for this indication since 1976, now therefore be it

RESOLVED: That the CAFP recommend to the AAFP that the copper IUD should be promoted as the most effective method for EC, and ulipristal as the most effective method of oral EC, and be it further

RESOLVED: That the CAFP recommend to the AAFP that copper IUDs should be included in the range of EC options offered to patients, whenever clinically feasible, and be it further

RESOLVED: That the CAFP recommend to the AAFP that it provide updates in its journal and on its website, FamilyDoctor.org, on copper IUD as the most effective method of emergency contraception, and make clear that increasing Body Mass Index makes emergency contraception pills less efficacious.
viii Cleland K, et al., 2012