

Medical Eligibility Criteria (MEC) Wheel For Contraceptive Use - India (2015)

About this wheel

This wheel contains the medical eligibility criteria for starting use of contraceptive methods. It has been adapted from WHO MEC Wheel for contraceptive use (2015 update) and is based on Medical Eligibility Criteria for Contraceptive Use, 4th and 5th edition (2008 and 2015). It guides family planning providers in recommending safe and effective contraceptive methods for women with medical conditions or medically-relevant characteristics.

The wheel includes recommendations on initiating use of seven common types of contraceptives:

1. Combined pills (low dose combined oral contraceptives, with $\leq 35 \mu\text{g}$ ethinylestradiol)
2. Combined injectable contraceptives
3. Progestogen-only pills
4. Progestogen-only injectables. DMPA (a 3-monthly injectable) and NET-EN (a 2-monthly injectable)
5. Progestogen-only implants
6. Copper-bearing IUCD
7. Levonorgestrel Intra Uterine Device (LNG-IUD)

The guidance in the wheel applies to initiation of contraceptive methods. Recommendations for continuation of method use, when a woman develops a medical condition while using the method, can be found in the *Medical Eligibility Criteria for Contraceptive Use* guidelines.

How to use this wheel

The wheel matches up the contraceptive methods, shown on the inner disk, with specific medical conditions shown around the outer rim. The numbers shown in the viewing slot guides you whether the woman who has this known condition is able to start using the contraceptive method:

1 = Yes: Use the method in any circumstance

2 = Yes: Generally use the method

3 = No: Use of the method is not usually recommended unless other more appropriate methods are not available or acceptable

4 = No: Method NOT to be used

Categories 1 and 4 are clearly defined recommendations. For categories 2 or 3, greater clinical judgement will be needed and careful follow-up may be required. If clinical judgement is limited, categories 1 and 2 both mean the method can be used, and categories 3 or 4 both mean the method should not be used.

No restriction for some conditions: There are many medical conditions when ALL methods can be used (that is, all the methods are either category 1 or 2). These conditions are listed on the back of the wheel.