



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Prevention of Unintended Pregnancy in Adults 18 Years and Older](#)

Released: June 2017

This alert provides a brief summary of updated recommendations. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Assessment for risk of unintended pregnancy, with sensitivity to cultural and personal preferences

Ask about:

Understanding of preconception preparation – folate, prenatal vitamins, chronic medication adjustments, tobacco cessation, etc.

Interventions to prevent unintended pregnancies

Advise and discuss:

- Fertility awareness: patient's risk of pregnancy or contributing to an unintended pregnancy – premature birth, negative physical and mental health effects for children.

Assess:

- Availability of personally appropriate, high-quality, low-cost contraceptive methods. Methods used in the past, the feasibility of these methods.
- Understanding of risk: STI exposure; personal genetic or chronic disease history; history of travel to Zika impacted areas; HIV exposure status; personal health; high risk medication adjustment; tobacco, alcohol or other substance use.
- Awareness of healthy birth spacing or higher risk of pregnancies that begin less than 18 months from conclusion of previous pregnancy.

Assist patients in preventing unintended pregnancy by:

- Discussing benefits and risks of contraceptive methods (e.g., high risk of contraceptive pills in the setting of migraine with aura).
- Offering written materials for education and planning, if needed.

Arrange follow-up:

- If currently pregnancy, discuss postpartum contraception, e.g., immediate postpartum long-acting reversible contraceptive (LARC).