

Contents

Abbreviations used	iii
Grading of recommendations	iv
List of tables	iv
Executive summary of recommendations	viii
Resources	x
1 Purpose and scope	1
2 Definitions of overweight and obesity	2
3 Why is this guideline focusing on contraception and raised BMI needed?	2
4 An overview of data on fertility, sexual activity, contraceptive use and unintended pregnancy among women with raised BMI	3
5 Suitability of contraceptive methods for women who are overweight or women with obesity	4
5.1 Intrauterine contraception (IUC)	6
5.1.1 IUC effectiveness	6
5.1.2 IUC safety	7
5.1.3 Weight gain with IUC	8
5.1.4 Health benefits of IUC	8
5.1.5 Practical considerations with IUC	8
5.2 Progestogen-only implants (IMP)	8
5.2.1 Implant effectiveness	9
5.2.2 Implant safety	11
5.2.3 Weight gain with implants	11
5.2.4 Health benefits of implants	11
5.2.5 Practical considerations with implants	11
5.3 Progestogen-only injectable	12
5.3.1 DMPA effectiveness	12
5.3.2 DMPA safety	13
5.3.3 Weight gain with DMPA	14
5.3.4 Health benefits of DMPA	15
5.3.5 Practical considerations with DMPA	15



5.4	Progestogen-only pill (POP)	15
5.4.1	POP effectiveness	15
5.4.2	POP safety	16
5.4.3	Weight gain with POP	17
5.4.4	Health benefits of POP	17
5.5	Combined hormonal contraception (CHC)	17
5.5.1	CHC effectiveness	17
5.5.2	CHC safety	20
5.5.3	Weight gain with CHC	22
5.5.4	Health benefits of CHC	22
5.6	Barrier methods of contraception	22
5.6.1	Barrier method effectiveness	22
5.6.2	Barrier method safety	22
5.7	Fertility awareness methods	23
5.8	Emergency contraception (EC)	23
5.8.1	Cu-IUD	23
5.8.2	Oral EC	23
5.9	Female surgical sterilisation	25
5.9.1	Effectiveness and safety	25
6	Contraception and weight management treatment	25
6.1	Weight-loss medication and contraception	25
6.1.1	Orlistat	26
6.1.2	Liraglutide	26
6.1.3	Naltrexone/bupropion	27
6.1.4	Laxatives	27
6.2	Weight-loss surgery and contraception	27
6.2.1	Background	27
6.2.2	UKMEC information on bariatric surgery	28
6.2.3	Effectiveness and safety of contraception after bariatric surgery	29
6.2.4	Contraception before bariatric surgery	31

7	Approach to issues of weight in contraceptive consultations	32
	Recommendations for future research	33
	Considerations for implementation of this guideline	33
	Useful links	33
	References	34
	Appendix 1: FSRH Clinical Guideline Development Process	50
	Questions for continuing professional development	55
	Auditable outcomes	57
	Comments and feedback on published guideline	58

Information Box

Title	Overweight, Obesity and Contraception
Author/Publisher	Faculty of Sexual & Reproductive Healthcare
Publication date	April 2019
Superseded document	None
Review date	April 2024
Available online	www.fsrh.org/documents/fsrh-clinical-guidance-overweight-and-obesity-april-2019