



Did You Know?

- ☉ The most common method of birth control in the United States is the birth control pill, also known as an oral contraceptive. Research shows that birth control methods like the pill can be safely and effectively used by many women, but the risks associated with estrogen-based birth control also are well documented.
- ☉ Birth control methods that contain estrogen — a pregnancy hormone that helps protect women from bleeding challenges that might occur with a miscarriage or during childbirth — place a woman at an increased risk for dangerous blood clots that form in the legs or arms (DVT or deep vein thrombosis), which can be life-threatening if they travel to the lungs (PE or pulmonary embolism).
- ☉ The risk of blood clots with estrogen-containing birth control methods — including the pill, patch and ring is much higher in women who have a history of blood clots or who have an inherited or an acquired blood clotting disorder.

Birth Control & Blood Clot Risks



- ☉ The use of birth control pills with estrogen increases a women's risk for blood clots three-fold, and some of the newer birth control pills women use pose a risk two-times greater than the older birth control pills.
- ☉ The use of patches and rings containing estrogen poses a risk double that of the older birth control pills available today.
- ☉ Injectable progestin (DMPA) may increase blood clotting risks up to two-fold.



Reduce Your Risk

- ☉ There are safe alternatives if you want to avoid the increased risk of blood clots associated with birth control methods that contain estrogen. Some of these options include: Barrier methods, spermicides, copper or progestin IUD, progestin-only pills or implant.
- ☉ Recognize symptoms of blood clots in the deep veins of the legs or arms, including pain and swelling, with skin that might be discolored and/or warm to the touch.
- ☉ Recognize symptoms of a blood clot in the lungs, including difficulty breathing, chest pain, particularly with a deep breath, coughing up blood, and an accelerated heart rate.
- ☉ Talk to family members about the history of blood clots or clotting disorders in your family.
- ☉ Talk to your healthcare provider about blood clotting risks before taking any estrogen-based birth control.