

FP/HIV Integration Provider Reference Tool: Family Planning Considerations Specific to HIV-Positive Clients

(includes contraindications with ARVs and common opportunistic infection drugs)

Essential Principles of FP Counseling in HIV Services

- Every HCT, ART, and PMTCT client should be assessed for FP need.
- Quality FP counseling and services should reinforce clients' ability to limit HIV transmission to HIV-negative partners and to infants.
- HCT, ART, and PMTCT clients have the right to make their own FP choice, including safer pregnancy for HIV-positive women (using risk reduction measures like ARVs and exclusive breastfeeding), if desired.

Key Messages for FP Counseling in HIV Services

- Dual method use, using condoms and a contraceptive method for good protection from infection and unintended pregnancy, should be included in FP counseling for clients with HIV.
- Generally, HIV-positive clients can use most contraceptive methods, even on ARVs.

HIV-Related Treatments and Conditions

FP Options	NNRTIs		NRTIs (AZT, D4T, 3TC, ABC, TDF)	Ritonavir or Ritonavir-Boosted Protease Inhibitors	Rifampicin (common for TB)	Certain Anti-Convulsants (Carbamazepine, Phenytoin, Barbituates)	Systemic Anti-Fungals (Azoles)	Untreated Chlamydia and/or Gonorrhea	Clinical AIDS/not doing well on ARVs
	NVP	EFV							
Male/Female Condoms	Green	Green	Green	Green	Green	Green	Green	Green	Green
COCs	Yellow	Yellow	Green	Red	Red	Red	Green	Green	Green
POPs	Yellow	Yellow	Green	Red	Red	Red	Green	Green	Green
Implants	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Green	Green
EC	Green	Green	Green	Green	Green	Green	Green	Green	Green
DMPA Injectables	Green	Green	Green	Green	Green	Green	Green	Green	Green
NET-EN Injectables	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Green	Green
IUD Insertion	Green	Green	Green	Green	Green	Green	Green	Red	Red
Tubal Ligation	Green	Green	Green	Green	Green	Green	Green	Green	Yellow
Vasectomy	Green	Green	Green	Green	Green	Green	Green	Green	Yellow
Natural Family Planning	Green	Green	Green	Green	Green	Green	Green	Green	Green
Fertility Awareness	Green	Green	Green	Green	Green	Green	Green	Green	Green
Client Desires Safer Pregnancy	Green	Green	Green	Green	Green	Red	Red	Red	Red

LEGEND: **Green:** Method appropriate for client; No reservation of drug interaction; **Yellow:** Possible reduced contraceptive effect or increased side effects of hormonal method; Recommend dual method use with condoms and perfect use of method; **Red:** Do not use the method; Contraindication

REFERENCES: WHO Medical Eligibility Criteria for Contraceptive Use, 2009 Update; *Contraception for Women with HIV*, FHI 2005; University of Liverpool Drug Interaction Charts, 2008.