

Family Planning Teaching Sessions – Resources

HIV and Contraception

July 2, 2018

Major Points:

1. U=U Campaign: undetectable = untransmissible, is a powerful campaign that promotes the current policy that individuals with an undetectable viral load have zero risk of transmission to their sexual partners. This campaign will likely reduce the use of condoms between sero-discordant couples and may increase the request for IUDs in HIV+ women. IUDs are safe and do not increase the risk of HIV viral shedding or have an increased risk of PID in women with HIV that are not severely immune-compromised.
2. Depo-provera: Current observational studies support that DMPA may increase the risk of HIV acquisition in women who are risk of HIV. This is reflected in the MEC 2 designation. We are awaiting the results of the ECHO study that is an RCT that will likely answer this question in a less biased way. However, it is important to note that the increased use of PREP among women who are at high risk of HIV may negate the increased risk of acquisition in DMPA users.

Articles:

An updated systematic review of epidemiological evidence on hormonal contraceptive methods and HIV acquisition in women. Polis, et al.

PMID: [27500670](#)

Update to CDC's *U.S. Medical Eligibility Criteria for Contraceptive Use, 2016*: Revised Recommendations for the Use of Hormonal Contraception Among Women at High Risk for HIV Infection. Tepper, et al.

PMID: [28934178](#)