

Birth control (Contraception) advice if you have sugammadex as part of your anaesthetic

Department of Anaesthesia

Information for Patients

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Summary:

- A medicine you had today as part of your anaesthetic may interfere with hormonal birth control (contraception). It may increase your chances of becoming pregnant.
- If you are taking 'the pill' (combined or mini), follow the missed pill advice in the pill information leaflet.
- If you have a hormonal implant, coil, injection, patch, or vaginal ring, you will need to use barrier contraception, such as condoms, for 7 days.

This leaflet has birth control (contraception) advice for patients who have been given sugammadex after surgery. If you have any other questions or concerns, please do not hesitate to speak to the team caring for you.

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or call 111 for non-emergency medical advice**

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What is sugammadex, and what is it used for?

When you have surgery, sometimes we give you a group of drugs that relax your muscles. This makes it easier for the surgeon to operate. The effects of these drugs need to be reversed before you can be woken up. Sugammadex is used to reverse these drugs. It lets you be woken up safely. Like most drugs, sugammadex has some unwanted side effects. One of these side effects is that it can reduce the effectiveness of your hormonal contraception. This can increase the risk of pregnancy after an operation.

What should I do next?

If you are taking oral hormonal contraceptives:

- The combined oral contraceptive 'pill'
- The progesterone-only contraceptive 'mini-pill'

Some examples of the pill or mini pill include, Bimizza®, Gedarel® 20/150, Femodette®, Marvelon®, Yasmin®, Microgynon® 30, Maexeni®, desogestrel, etonogestrel, levonorgestrel

If you have taken the pill this morning, having sugammadex is like missing a pill. Please follow the pill advice in the package of your contraceptive pill.

If you are taking any other hormonal contraceptive

- Contraceptive implant
- Intrauterine system (IUD) (Kyleena®, Mirena® or Jaydess®)
- Depot implants (Depo-Provera®, Sayana®-Press or Noristerat®)
- Contraceptive patch
- Vaginal ring

You are also at risk and need to use more non-hormonal contraception for 7 days (for example, condoms).

If you are using non-hormonal contraception

- Condoms
- Cervical caps
- Diaphragm
- Contraceptive sponge
- Copper IUD
- Spermicide

You do not need to do anything different as sugammadex only reduces the effectiveness of hormonal contraception.

More information and support

You can contact your GP or local sexual health clinic for more information.

To find your local clinic – scan the QR code:

Or go to

<https://www.nhs.uk/service-search/sexual-health/find-a-sexualhealth-clinic>



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