



Z-CAN POLICY AND PROCEDURE MANUAL RESOURCES

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The Centers for Disease Control and Prevention's contraceptive guidelines were distributed at Z-CAN technical training programs. You can also find them online.

1.1 US MEDICAL ELIGIBILITY CRITERIA FOR CONTRACEPTIVE USE, 2016 (MEC)

Provides information for providers regarding medical eligibility for contraceptive methods:

<http://www.cdc.gov/reproductivehealth/contraception/usmec.htm>

1.1.1 Provider tools and charts

- US MEC Wheel
- US MEC Charts:
 - Spanish: 2016 Update
http://www.cdc.gov/reproductivehealth/contraception/pdf/summary-chart_spanish-web-508_tagged.pdf
 - English: 2016 Update
http://www.cdc.gov/reproductivehealth/contraception/pdf/summary-chart-usmedical-eligibility-criteria_508tagged.pdf

1.2 US SELECTED PRACTICE RECOMMENDATIONS FOR CONTRACEPTIVE USE, 2016 (SPR)

Companion document to the US MEC, which provides recommendations for a select group of common, yet sometimes complex, management issues around the initiation and use of specific contraceptive methods:

<http://www.cdc.gov/reproductivehealth/contraception/usspr.htm>

1.2.1 Summary charts for SPR recommendations

- How to be reasonably certain a woman is not pregnant, when to start contraception, and follow-up needed:
http://www.cdc.gov/reproductivehealth/contraception/pdf/when-to-start_508tagged.pdf
- Management of late or missed pills, patch, ring:
http://www.cdc.gov/reproductivehealth/contraception/pdf/recommendedactions-late-missed_508tagged.pdf
- Management of Bleeding irregularities and Management of PID in IUD users:
http://www.cdc.gov/reproductivehealth/contraception/pdf/management-duringcontraception_508tagged.pdf

1.3 PROVIDING QUALITY FAMILY PLANNING SERVICES: RECOMMENDATIONS OF CDC AND THE U.S. OFFICE OF POPULATION AFFAIRS (QFP)

Recommendations outlining how to provide quality family planning services, which include contraceptive services, pregnancy testing and counseling, helping clients achieve pregnancy, basic infertility services, preconception health services, and sexually transmitted disease services:

http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6304a1.htm?s_cid=rr6304a1_w

1.4 2015 SEXUALLY TRANSMITTED DISEASES CDC TREATMENT GUIDELINES

Guidelines for the treatment of patients who have or are at risk for sexually transmitted diseases (STDs):

<http://www.cdc.gov/std/tg2015/default.htm>

- Summary wall chart of STD Treatment Guidelines:
<http://www.cdc.gov/std/tg2015/2015-wall-chart.pdf>

1.5 ZIKA RESOURCES

- CDC Zika information for providers (updated regularly - In Spanish)
<http://espanol.cdc.gov/enes/zika/hc-providers/index.html>
- Preconception Counseling for Women and Men Living in Areas with Ongoing Spread of Zika Virus (In Spanish):
http://espanol.cdc.gov/img/cdc/ES_48052.pdf
- El modo correcto de usar el condón masculino:
http://www.cdc.gov/condomeffectiveness/docs/male_condom_use_508_spa.pdf
- Testing Algorithms: Pregnant women residing in an area with Zika virus transmission – (In Spanish)
http://espanol.cdc.gov/img/cdc/ES_55415.pdf
- Zika virus testing for pregnant women living in an area with Zika – (In Spanish)
http://espanol.cdc.gov/img/cdc/ES_48244.pdf
- Pregnant and living in an area with Zika – (In Spanish)
http://espanol.cdc.gov/img/cdc/ES_47649.pdf
- For Women: A Positive Zika Virus Test – (In Spanish)
https://espanol.cdc.gov/img/cdc/ES_49798.pdf
- Zika and Sexual Transmission: For People Living in an Area with Zika – (In Spanish)
https://espanol.cdc.gov/img/cdc/ES_49974.pdf
- Increasing Access to Contraception – (In Spanish)
https://espanol.cdc.gov/img/cdc/ES_56281.pdf
- LGBT Community: How to protect yourselves from Zika – (In Spanish)
https://espanol.cdc.gov/img/cdc/ES_55872.pdf