



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Prevention of Unintended Pregnancy Prevention in Adults 18 Years and Older](#)

Released: June 2019

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Assessment for risk of unintended pregnancy, with sensitivity to cultural and personal preferences

Ask about:

- Intent to become pregnant or father a child [e.g., Do you plan to have any (more) children in the future? If so, how many children would you like to have? If not, what method will you use to avoid pregnancy?],¹ with particular attention to postpartum women.
- Understanding of preconception preparation - folate; vitamins, medication adjustments; nicotine cessation, substance misuse, opioids, performance enhancing drugs, etc.; depression.

Interventions to prevent unintended pregnancies

Advise and discuss:

- Risks and adverse outcomes associated with unintended pregnancies, especially opioid misuse and risk of neonatal abstinence syndrome.

Assess:

- Social determinants of health related to ongoing contraception methods: cost, access to clinic/provider, transportation.
- Understanding of risk: STI exposure; personal genetic or chronic disease history; history of travel to Zika3 impacted areas; HIV exposure status; personal health; high risk medication adjustment; nicotine, alcohol, opioids, cannabinoids, or other substance use.