

Hormonal Birth Control and Blood Clots: Recognize the Risk

A spectrum of family planning or birth control options exist. Each may work somewhat differently, but they are all designed with one goal in mind: To prevent pregnancy.

Options

Birth control needs can change over time, due to a woman's changing age, health history, reproductive goals, and relationships.

Options include, for example: Barrier methods like condoms, birth control pills, patches, rings, intrauterine devices (IUDs), and sterilization.

Safety

Effectiveness is a priority when choosing birth control, but it's also crucial to make sure your birth control method is safe.

Millions of women have used the birth control pill safely for 60+ years, but like any prescription medication it can cause side effects.

Estrogen

Birth control that contains estrogen can increase a woman's risk for life-threatening blood clots.

Estrogen-based birth control – including the pill, patch, and ring – increases the level of clotting proteins in a woman's body, which increases a woman's risk for blood clots.

Personal Choice

Birth control is a personal choice.

Women should be able to make this choice with a full understanding of the benefits and risks of any method they may choose.

Know Your Risk

If you are considering the different options for birth control, evaluate all of their potential benefits and risks.

Talk with your healthcare provider or prescriber to help make a choice that meets your needs and is right for you.

[Click here to view and download a self-screener questionnaire.](#)