

Hormonal Methods:

Implant and the Shot

Birth Control Guide for People With CF


Hormonal birth control uses hormones like those in a female's body (estrogen and progesterone). The hormones thicken cervical mucus and prevent ovulation (releasing an egg). These methods can also help make periods more regular. For some, dosing may allow you to have fewer periods or skip them altogether if you want.

Females with CF may notice their CF symptoms change throughout their menstrual cycle. They may have more coughing, mucus, or pulmonary exacerbations. Estrogen is believed to play a role in inflammation and infection in the airways. For some, symptoms may worsen when estrogen levels are at their highest (mid cycle). Studies show that hormonal birth control may help reduce these symptoms. It does so by regulating hormone levels.^{1,2}

Products that have estrogen may not be safe for some people. This includes people with poorly controlled diabetes, significant liver disease, or a history of blood clots. These products also may not be safe for those who smoke and are over age 35. It is important that your provider who prescribes your birth control knows your health history. They can help you pick the best and safest option for your body.

BIRTH CONTROL IMPLANT

A birth control implant is a small, flexible rod. The rod is about the size of a matchstick. A health care provider places it under the skin in your upper arm. You will not see the rod under the skin, but you can feel it if you feel around the area with your fingers. [*Etonogestrel implant* \(Nexplanon®\)](#) is the birth control implant currently available.


HOW WELL DOES IT WORK?	EFFECTIVENESS
Implant 	99%

The birth control implant releases the hormone progestin. Progestin stops ovulation. It also thickens cervical mucus. This makes it harder for sperm to get through the cervix.³

The implant works for up to three years. It is the most effective method of hormonal birth control other than an IUD. After removal, the implant does not prevent pregnancy.⁴

BIRTH CONTROL SHOT

Birth control shots are injections you get every three months to prevent pregnancy. You typically go to the doctor for a shot every 12 weeks. **Medroxyprogesterone acetate injectable suspension (Depo-Provera® CI)** is the birth control shot currently available. It is also known as the depo shot or DMPA. A version you can use at home is called **medroxyprogesterone acetate (Depo-SubQ Provera 104®)**.⁵

HOW WELL DOES IT WORK?	PERFECT USE	COMMON USE
Birth Control Shot 	99%	94%

The shot may not be as effective if you do not get it on time. Setting reminders on your calendar or a birth control app can help you remember to get your shot.

The shot may not be the right option if you are planning to become pregnant within the next year. This medication stays in your body longer than other hormonal birth control. After stopping the shot, it may take longer to become fertile again (resume normal ovulation).

Birth control shots have a type of progestin that increases the risk of osteoporosis. This causes bones to be thin and weak. Females should not use the shot for more than two years unless they cannot use other birth control options. Birth control shots are usually NOT recommended for people with CF. People with CF may already be at higher risk for osteoporosis. Talk to your care team if you are thinking about this birth control option.^{5,6}

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