

Back-up birth control methods include:

- Male condoms
- Female condoms
- Diaphragms (device that blocks the cervix)
- Cervical caps
- Cervical sponges
- Abstinence (not having sex)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Birth Control Medication Interactions

Sugammadex and/or Aprepitant

Birth Control Medication Interactions

You had surgery on: _____ (date)

The anesthetic medication you were given for surgery may change how well hormonal birth control medication works.

Hormonal birth control medications

include:

- Oral contraceptives (birth control pills, including the progestin-only pill)
- Injectable contraceptives (birth control shot)
- Implantable contraceptives (a small plastic rod that is put under your skin or a device that is put inside your uterus [IUD])
- Patches (a small, sticky patch you put on your skin)
- Vaginal rings (a flexible plastic ring you put in your vagina)

The anesthetic medication you were given was:

- ☐ **Sugammadex (Bridion®)**: This medication helps you recover faster from the muscle relaxant used during your surgery.
 - › It may lower how well your hormonal birth control works for up to 7 days (1 week).
 - › **Use a back-up birth control method for at least 7 days after your surgery.**
 - › If you use birth control pills, take them as usual while also using a back-up method.
- ☐ **Aprepitant (Emend®)**: This medication prevents nausea (feeling sick to your stomach) after surgery.
 - › It may lower how well your hormonal birth control works for up to 28 days (1 month).
 - › **Use a back-up birth control method for at least 28 days after your surgery.**
 - › If you use birth control pills, take them as usual while also using a back-up method.
- ☐ **Sugammadex (Bridion®) and Aprepitant (Emend®)**:
 - › **If you had Sugammadex (Bridion®) and Aprepitant (Emend®), use a back-up birth control method for at least 28 days after your surgery.**
 - › If you use birth control pills, take them as usual while also using a back-up method.