



The University of Texas at Austin  
UT Health Austin



## Complex Contraception

UT Health Austin's Complex Contraception service offers diagnosis, treatment, and management of complex contraception concerns in patients (13 years and older). Contraception, also referred to as birth control, is a term used to describe the use of various methods or techniques to prevent pregnancy. If you have medical factors that may complicate your contraceptive options or a history of difficulty with the placement or removal of a previous contraceptive implant or device, we provide alternative methods of contraception, including but not limited to, long-acting, reversible contraception and sterilization.

### Contraception Options

- Condoms
- Diaphragms
- Emergency contraception
- Implant devices
- Intrauterine devices (IUDs)
- Oral contraceptive pills
- Patches
- Tubal ligation
- Vaginal contraceptive rings

### Treatment Approach

The Complex Contraception care team includes women's health specialists, obstetrician-gynecologists, dietitians, social workers, and more who work together to help you find a contraceptive method that is safe for you. We collaborate with our colleagues at the Dell Medical School and The University of Texas at Austin to utilize the latest research, diagnostic, and treatment techniques, allowing us to provide you with a state-of-the-art treatment plan.

You may benefit from our complex contraception services if any of the following conditions or situations pertain to you:

- A history of or current cancer
- Cardiovascular disease
- Clotting or bleeding disorders
- Developmental delay
- Difficulty with the placement or removal of previous contraceptive implants or devices
- Dissatisfaction or side effects from previous or current contraception methods
- Migraines
- Obesity
- Prescribed teratogenic medications (medications that cause birth defects in the event of pregnancy), such as Accutane
- Rheumatologic disease
- Seizure disorders
- Spinal cord injury
- Transplantation or dialysis
- Uterine anomaly