

Contraceptive advice for patients following the administration of Sugammadex

Introduction

A medicine you received today as part of your anaesthetic, may interfere with hormonal contraception and increase the chance of pregnancy.

If you are taking 'the pill' (combined or mini), follow the missed pill advice in the pill information leaflet.

If you have a hormonal implant, coil, injection, patch or vaginal ring, you will need to use barrier contraception, such as condoms, for 7 days.

Why have I been given this leaflet?

Commonly, as part of your anaesthetic, drugs are administered to relax your muscles. At the end of an operation, the action of these drugs need to be reversed before you wake up. One of these 'reversal' drugs which you have been given today is called sugammadex.

The drug sugammadex may reduce the effectiveness of hormone contraceptives and temporarily increase **the risk of pregnancy**.

What should I do?

If you are taking an oral hormonal contraceptive such as the combined oral contraceptive pill (the pill) or the progesterone only contraceptive pill (the mini-pill) and you have taken your pill this morning and have been given sugammadex, it is the equivalent to one missed pill.

Please follow the missed pill advice in the leaflet within the package.

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Patient Information

If you are taking any other form of hormonal contraceptive such as:

- Contraceptive implant (e.g. Nexplanon®)
- Hormonal intrauterine system (e.g. Mirena® coil)
- Hormonal injection (e.g. Depo-Provera®)
- Contraceptive patch (e.g. EVRA®)
- Vaginal ring (e.g. NuvaRing®)

You must use a barrier method of contraception, such as condoms, for the next 7 days and follow the advice in the leaflet within the package of the contraceptive product.

If you would like further information or you have any questions, please speak to your anaesthetist.

References

1. https://bnf.nice.org.uk/interactions/sugammadex/#bnf_%20i1554169324395
2. <https://www.torbayandsouthdevon.nhs.uk/uploads/25777.pdf>

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

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* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>