***Safe Sex after Sugammadex***

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Contraceptive advice for patients following administration of the medication **Sugammadex** during general anaesthesia.

**For your attention!**

* **An anaesthetic medication you received today**

**(Date \_\_\_/\_\_\_/\_\_\_) can temporarily decrease the effectiveness of hormonal contraception and increase your risk of pregnancy.**

* **If you are taking The Pill (either combined or progesterone-only), please follow the missed pill advice in the package leaflet of your pill.**
* **If you have a hormonal implant (‘the bar’), coil, injection, patch or vaginal ring, please use condoms or other methods of barrier protection for the next 7 days.**

***Why did you receive this medication?***

During general anaesthesia, muscle relaxing drugs often need to be administered so that we can place a breathing tube safely and facilitate your surgery.

At the end of your operation, we need to reverse the effects of these muscle relaxing drugs so that your breathing muscles and other muscles in your body can start to work properly again before you wake up. Sugammadex is used to safely reverse these muscle relaxants.

A side effect of Sugammadex is that it interacts with the hormone progesterone, and so can reduce the effectiveness of hormonal contraceptives. This can lead to an increased chance of pregnancy.

***What should you do?***

If you are taking the Pill (either the combined or progesterone-only) and you have been given Sugammadex, it is equivalent to ONE MISSED DOSE of the Pill, even if you took your dose of the Pill today. **Please follow missed pill advice in the package leaflet of your oral contraceptive.**

For the **Combined Oral Contraceptive Pill (COCP)** missed pill advice often advises to continue taking the rest of your pill packet as normal and to use an additional method of contraception (e.g. a condom) for at least the next 7 days, i.e. until 7 consecutive active pills have been taken. If you have less than 7 days left in your pill packet, you should not take the four or seven-day break in your active pills after Sugammadex administration during your general anaesthetic.

For the **Progesterone-Only Pill** **(POP)** or “Mini Pill”, missed pill advice usually advises to continue taking the rest of your pill packet as normal and use an additional method of contraception (e.g. a condom) for at least the next 2 days.

If you are taking any other hormonal contraceptive, including:

* The contraceptive implant (i.e. the Bar)
* Intra-uterine device (IUD) e.g. coils such as the Mirena, Jaydess, Levosert, Liletta, or Kyleena
* The contraceptive injection (Depo-provera, Sayana Press or Noristerat)
* The contraceptive patch (EVRA)
* Vaginal ring

**You should use barrier protection, such as condoms, for the next 7 days.** Please follow advice on the package leaflet of your contraception product.

*References*

1. [*https://www.merck.com/product/usa/pi\_circulars/b/bridion\_pi.pdf*](https://www.merck.com/product/usa/pi_circulars/b/bridion_pi.pdf)
2. [*https://bnf.nice.org.uk/interaction/sugammadex-2.html#bnf\_i1554169324395*](https://bnf.nice.org.uk/interaction/sugammadex-2.html#bnf_i1554169324395)

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*(Printed versions of this leaflet may be provided to you by your doctor or nurse. Any queries pertaining to the content of this leaflet should be directed to the individual that gave you this leaflet)*