

# Contraception after surgery and sugammadex

## Information for patients

This leaflet provides contraception advice for patients who have been given sugammadex after surgery. If you have any other questions or concerns, please do not hesitate to speak to the team caring for you.

Today you have been given sugammadex, an anaesthetic drug that reduces levels of hormonal contraception in your body and therefore increases the chances of pregnancy. If you are on 'the pill' you should follow the missed pill advice as stated on the patient information leaflet. If you use a hormonal implant, coil, injection, patch or vaginal ring then you have to use barrier contraception (for example, condoms) for 7 days after your operation.

### 1. What is sugammadex and what is it used for?

When you undergo surgery sometimes you are given a group of drugs that relax your muscles. This gives the surgeon a better operating environment. The effects of these drugs need to be reversed before you can be woken up. Sugammadex is used as a reversal agent and allows you to be woken up safely. Like most drugs, sugammadex has some unwanted side effects. One of these side effects is that it can reduce the effectiveness of your hormonal contraception and therefore increase the risk of pregnancy after an operation.

### 2. What should I do next?

This risk only lasts for 7 days after sugammadex is given. Therefore, some extra precautions are necessary for this period.

If you took hormonal contraception on the day of the procedure, such as combined oral contraceptives (the pill) or progesterone only contraceptives (mini-pill), you need to treat this as a 'missed pill' and follow the advice on the patient information leaflet. Some examples of the pill or mini-pill include, Bimizza®, Gedarel® 20/150, Femodette®, Marvelon®, Yasmin®, Microgynon® 30, Maexeni®, desogestrel, etonogestrel, levonorgestrel etc.

If you rely on any other hormonal contraceptive such as the contraceptive implant, intrauterine system (for example, Kyleena®, Mirena® or Jaydess®), depot implants (Depo-Provera®, Sayana®-Press or Noristerat®), contraceptive patch or vaginal ring, you are also at risk and need to use additional non-hormonal contraception for 7 days (for example, condoms).

If you have been instructed to withhold contraception while you regain full mobility, then disregard the above and continue barrier contraception methods as specified.

## Further information and support

You can contact your local sexual health clinic for further information. To find your local clinic scan the QR code below or visit <https://www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic>



## References:

- [Bridion® 100 mg/ml solution for injection - Summary of Product Characteristics \(SmPC\)](#)
- [Bridion® 100 mg/ml solution for injection - Patient Information Leaflet \(PIL\)](#)
- Sugammadex advice for women of childbearing age- <https://doi.org/10.1111/anae.14176>

## Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)**