

Contraceptive advice for patients following the administration of Sugammadex

Introduction

During an operation, medications are sometimes given to relax muscles to help with surgical and anaesthetic procedures. At the end of the operation, the muscles need to be back to their normal strength so medication may be given to help this.

Today you were given the medication sugammadex to reverse the effects of the muscle relaxant.

Sugammadex has an interaction with the hormone progesterone and may reduce the effectiveness of progesterone-containing contraceptives. **This can temporarily increase your chance of pregnancy.**

This interaction does not happen with other anaesthetic-related medications.

What should I do?

If you are taking an oral contraception, such as the combined oral contraceptive pill (COCP) or the progesterone-only contraceptive pill (mini-pill) and you have taken your pill this morning then **you must follow the instructions for a ‘missed pill’ in the manufacturer’s leaflet included in the pill packet.**

Sugammadex may also reduce the effectiveness of other hormonal contraception methods such as the ones listed below.

- Contraceptive implant
- Hormonal Intra-Uterine System (IUS or ‘coils’ e.g., Mirena®, Jaydess®, Levosert®, Liletta®, or Kyleena)
- The contraceptive injection (such as Depo-Provera®, Sayana Press® or Noristerat®)
- The contraceptive patch (EVRA®)
- Vaginal ring

Therefore, you must use non-hormonal (barrier) methods for the next 7 days to avoid pregnancy.

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Patient Information

Examples of non-hormonal (barrier) methods include:

- male condom
- female condom
- female diaphragm
- female cervical cap

References

BNF (2019) *Sugammadex [interactions]*. London: BMJ Group & Pharmaceutical Press. Available from:
<https://bnf.nice.org.uk/interaction/sugammadex-2.html>

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