

## Contraception advice for patients following the administration of sugammadex

### What is sugammadex?

Often, as part of your anaesthetic, drugs are administered to relax your muscles. At the end of an operation, the effect of these drugs is reversed before you wake up. One of these reversal drugs you have been given today is called sugammadex (or sometimes it can be referred to as Bridion®). Sugammadex reduces levels of hormonal contraception and therefore increases the risk of pregnancy after an operation. This interaction does not occur with other anaesthetic-related drugs.

### What do I need to know about the interaction between sugammadex and hormone contraceptives?

Sugammadex has a unique interaction with the hormone progesterone and may reduce the effectiveness of hormone contraceptives. This interaction may temporarily increase the risk of pregnancy after an operation.

### What do I need to do if I am taking oral hormonal contraceptives?

If you are taking either the **progesterone only contraceptive 'mini-pill'** or the **combined oral contraceptive 'pill'** and you have been given sugammadex today it is the **equivalent of one missed pill**.

You **will need to follow the missed pill advice in the patient information leaflet that comes with your oral contraceptive** even if you have taken your pill on the morning of your operation.

### What do I need to do if I am taking any other hormonal contraceptive?

If you are taking any of the other hormonal contraceptives listed below:

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

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

If you have been advised to withhold contraception whilst you regain full mobility, then disregard the above and continue barrier contraception methods as directed.

### Sources of information

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.

## Further help and advice

If you need further information, please contact our Sexual Health and Contraception Services on:

Tel: 0808 168 1282 or 0300 131 4537

### Web References:

- Bridion® 100mg/ml solution for injection. [Summary of Product Characteristics \(SmPC\) - \(emc\) \(medicines.org.uk\)](#)
- Bridion® 100mg/ml solution for injection. [Patient Information Leaflet \(PIL\) - \(emc\) \(medicines.org.uk\)](#)
- [Sugammadex advice for women of childbearing age](#). Association of Anaesthetists

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

Clinicians have been consulted and agreed this patient information:

The directorate group that has agreed this patient information leaflet: Diagnostic, Anaesthetic and Surgery

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