

## CHOOSING A CONTRACEPTIVE FOR FEMALES

### **BIRTH-CONTROL PILLS**

- High efficacy
- Daily oral
- Quick to reverse

#### **Combination (Estrogen + progestin)**

- Placebo can be skipped unless estrus behavior is desired

#### **Progestin-only**

- No placebo week provides continuous suppression of estrus behavior

### **PROGESTINS**

- High efficacy and reversibility
- May not prevent follicle growth & estrous behavior
- Only short-term use for carnivores & callimicos

#### **MGA Implants**

- Requires incision
- Replace @2 years
- Remove to speed reversal

#### **MGA Liquid**

- Oral daily
- Quick to reverse

#### **Megestrol acetate**

- Oral daily
- Quick to reverse

#### **Depo-Provera**

- Injection
- Variable time to reversal

### **GNRH AGONISTS**

- High efficacy
- Effects like spaying
- Variable and/or lengthy reversal times
- Separation of sexes or prevention of stimulation phase with alternative contraception necessary

#### **Suprelorin**

- Large bore needle insertion (Trocar)
- Remove to speed reversal
- Replace @6 or 12 months for 4.7mg and 9.4mg implants respectively

#### **Lupron**

- Injection
- Boosters @4 months
- Expensive

### **IMMUNOCONTRACEPTION**

- Injectable vaccine

#### **PZP Vaccine**

(Porcine zona pellucida)

- High efficacy
- Annual booster
- Reversibility decreases with repeated use
- Variable effect on behavior

#### **Improvast Vaccine**

(Anti-GnRH)

- Efficacy uncertain
- Boosters @2-6 months
- Reversibility unknown
- Expected effects like spaying

### **SEPARATION OF THE SEXES**

Long-term non-conceptive cycles can increase the risk of infertility

Note: Clicking on product names takes you to their associated RMC webpages



## FEMALE-DIRECTED METHODS



### CONTRACEPTIVE CHOICES BY MAJOR TAXONOMIC GROUP

| Primates                                                                                                                                         | Ungulates                                                                                                                                                                                                        | Carnivores                                                                                                                                                                | Other Mammals                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>-MGA Implants</li> <li>-Depo-Provera</li> <li>-Suprelorin</li> <li>-Birth Control pills (apes)</li> </ul> | <ul style="list-style-type: none"> <li>-MGA Liquid</li> <li>-MGA Implants</li> <li>-Depo-Provera</li> <li>-Suprelorin</li> <li>-PZP vaccine</li> <li>-Improvect vaccine</li> <li>-Regumate (odd-toed)</li> </ul> | <ul style="list-style-type: none"> <li>-Suprelorin</li> <li>-Megestrol acetate (short-term use &lt;2 years)</li> <li>-MGA implant (short-term use &lt;2 years)</li> </ul> | <ul style="list-style-type: none"> <li>-Depo-Provera</li> <li>-MGA implant</li> <li>-MGA Liquid</li> <li>-Suprelorin</li> <li>-Regumate (marine)</li> <li>-Lupron</li> </ul> |

### FACTORS AFFECTING CONTRACEPTIVE CHOICE

| Short-term Use ( $\leq 2$ years)                                                                                                                                                                                                                                                                                                                                | Administration Method                                                                                                                                                                                                                                                                                                                                                                                                                           | High Reversibility                                                                                                                     | Use During Lactation                                                                                                                                                                                                                                                          | Use During Pregnancy                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b><u>Implants</u></b></p> <ul style="list-style-type: none"> <li>-MGA (remove)</li> </ul> <p><b><u>Oral</u></b></p> <ul style="list-style-type: none"> <li>-Birth Control pills</li> <li>-Megestrol (MA)</li> <li>-MGA Liquid</li> <li>-Regumate</li> </ul> <p><b><u>Injectable</u></b></p> <ul style="list-style-type: none"> <li>-Depo-Provera</li> </ul> | <p><b><u>Injectables</u></b></p> <ul style="list-style-type: none"> <li>-Depo-Provera</li> <li>-PZP vaccine</li> <li>-Improvect vaccine</li> <li>-Lupron</li> </ul> <p><b><u>Implants</u></b></p> <ul style="list-style-type: none"> <li>-MGA</li> <li>-Suprelorin</li> </ul> <p><b><u>Oral</u></b></p> <ul style="list-style-type: none"> <li>-Birth Control pills</li> <li>-Megestrol (MA)</li> <li>-Regumate</li> <li>-MGA Liquid</li> </ul> | <ul style="list-style-type: none"> <li>-MGA implants</li> <li>-MGA Liquid</li> <li>-Megestrol</li> <li>-Birth Control pills</li> </ul> | <p><b><u>Progestins</u></b></p> <ul style="list-style-type: none"> <li>-MGA products</li> <li>-Megestrol</li> <li>-Depo-Provera</li> <li>-Regumate</li> <li>-Progestin-only Birth Control pills</li> </ul> <p>PZP vaccine</p> <p>Suprelorin (after lactation established)</p> | <p>PZP vaccine</p> <p><b><u>Progestins</u></b><br/>(only early stages of pregnancy)</p> <ul style="list-style-type: none"> <li>-MGA products</li> <li>-Megestrol</li> <li>-Depo-Provera</li> <li>-Regumate</li> <li>-Progestin-only Birth Control pills</li> </ul> |

This guide is meant to give you an idea of the most commonly used contraceptive options available and start discussion about which approaches might be desirable in your scenario. **This guide is NOT meant to substitute for consultation with the RMC and your veterinarian.** Full details are available at [www.stlzoo.org/contraception](http://www.stlzoo.org/contraception) or contact us at [contraception@stlzoo.org](mailto:contraception@stlzoo.org).