



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Contraception Advice for Patients Following the Administration of Sugammadex

Information for patients, relatives and carers

① For more information, please contact:

Anaesthetic Department

York Hospital

York and Scarborough Teaching Hospitals NHS
Foundation Trust

Wigginton Road, Clifton, York, YO31 8HE

Telephone: 01904 631313 (Switchboard)

Telephone: 01904 726360 (Anaesthetic Office)

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This information leaflet provides contraception advice for patients who underwent surgery and were given Sugammadex by an anaesthetist.

What is Sugammadex?

As part of your anaesthetic, you were given a drug that relaxes the muscles in your body. This allows the anaesthetist to temporarily take over your breathing while you are under general anaesthetic. It also enables the optimum conditions for your surgeons to perform the operation required.

At the end of the procedure, the effects of this medication need to be reversed so you can wake up and breathe normally. One of the drugs used to reverse the effects of muscle relaxant drugs is Sugammadex.

Why is this relevant?

The reversal agent Sugammadex may interact with the hormone progesterone, may reduce the effectiveness of hormone contraceptives, and may increase the chances of pregnancy.

This interaction does not occur with other anaesthetic-related drugs.

What do I do?

This risk of pregnancy lasts for seven days after Sugammadex is given. Therefore, you need to take some extra precautions during this period, depending on which contraception you are taking.

If you have been taking your oral contraceptive pill as prescribed, with no missed doses, and have been given Sugammadex treat this as the same as one missed pill. Follow the missed pill instructions in the leaflet that comes with the oral contraceptive.

Examples of oral contraceptive pill include progesterone only contraceptive 'mini-pill', desogestrel, levonorgestrel, norethisterone, combined oral contraceptive 'pill'.

If you use any other hormonal contraceptive and have been given Sugammadex you must use a barrier method of contraception, such as condoms, for the next seven days. Follow the advice in the package leaflet of the contraceptive product.

Examples of other hormonal contraception include the contraceptive implant, intrauterine system (Kyleena®, Mirena® or Jaydess® etc), depot implants (Depo-Provera®, Sayana®-Press or Noristerat®), contraceptive patch or vaginal ring.

any questions about the anaesthetic you have received, please speak to your anaesthetist.

For further advice on contraception, you can contact your local sexual health clinic.

For more information on Sugammadex, please follow the following links:

BNF- <https://bnf.nice.org.uk/interaction/sugammadex-2.html>

Sugammadex 100 mg/mL Package leaflet: Information for the user -

<https://www.medicines.org.uk/emc/files/pil.15280.pdf>

Other patient information leaflets on Sugammadex and contraception:

Sheffield: <https://publicdocuments.sth.nhs.uk/pil4900.pdf>

King's Collge Hospital: <https://www.kch.nhs.uk/wp-content/uploads/2023/01/pl-1054.2-contraception-after-surgery-and-sugammadex.pdf>

Liverpool:

<https://www.liverpoolwomens.nhs.uk/media/3942/leaflet-contraception-advice-following-sugammadex.pdf>

Brighton and Sussex: <https://www.uhsussex.nhs.uk/wp-content/uploads/2022/09/Contraception-advice-for-patients-following-the-administration-of-Sugammadex.pdf>

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Anaesthetic Department, York Hospital, 01904 726360

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:
www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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