CHOOSING A CONTRACEPTIVE FOR FEMALES

**BIRTH-CONTROL PILLS**
- High efficacy
- Daily oral
- Quick to reverse

**Progestin-only**
- No placebo week provides continuous suppression of estrus behavior

**Combination (Estrogen + progestin)**
- Placebo can be skipped unless estrus behavior is desired

**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 feed & 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

**Improvest 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
- MGA Implants
- Depo-Provera
- Suprelorin
- Birth Control pills (apes)

### Ungulates
- MGA Feed/Liquid
- MGA Implants
- Depo-Provera
- Suprelorin
- PZP vaccine
- Improvest vaccine
- Regumate (odd-toed)

### Carnivores
- Suprelorin
- Megestrol acetate (short-term use <2 years)
- MGA implant (short-term use <2 years)

### Other Mammals
- Depo-Provera
- MGA implant
- MGA Feed/Liquid
- Suprelorin
- Regumate (marine)
- Lupron

## FACTORS AFFECTING CONTRACEPTIVE CHOICE

### Short-term Use (≤ 2 years)
- **Implants**
  - MGA
  (remove)
- **Oral**
  - Birth Control pills
  - Megestrol (MA)
  - MGA feed or liquid
  - Regumate
- **Injectable**
  - Depo-Provera

### Administration Method
- **Injectables**
  - Depo-Provera
  - PZP vaccine
  - Improvest vaccine
  - Lupron
- **Implants**
  - MGA
  - Suprelorin

### High Reversibility
- MGA implants
- MGA feed or liquid
- Megestrol
- Birth Control pills

### Use During Lactation
- **Progestins**
  - MGA products
  - Megestrol
  - Depo-Provera
  - Regumate
  - Progestin-only Birth Control pills

### Use During Pregnancy
- **Progestins** (only early stages of pregnancy)
  - MGA products
  - Megestrol
  - Depo-Provera
  - Regumate
  - Progestin-only Birth Control pills

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.