

# Contraception for Recruit Training

## INFORMATION FOR RECRUITERS

*In line with Defense Health Agency Procedural Instruction (DHA-PI) 6200.02 'Comprehensive Contraceptive Counseling and Access to the Full Range of Methods of Contraception,' Navy and Marine Corps recruits are permitted to continue using a personal supply of birth control while in training.*

### PRESCRIPTIONS

Recruits taking prescribed birth control are **allowed and encouraged to continue their birth control method during recruit training** including pills, patches, rings, and injections (i.e. Depo-provera®). Recruits can simply bring their prescription birth control **with the identifying label on it** and continue using the birth control during recruit training. Recruits with long-term methods such as intrauterine devices (IUDs) and subdermal implants **can simply keep these in place.**

### REPORTING

Upon Night of Arrival, recruits will be asked to document their birth control prescription to inform the **medical department** at either Marine Corps Recruit Depots (MCRD) Parris Island, MCRD San Diego, or Recruit Training Command (RTC) Great Lakes that this medication is being continued from a civilian provider. Recruits should be made aware that **this information will be kept confidential and only shared with medical personnel, not their peers or leadership.**

### REPLENISHING

Recruits may bring the maximum amount of birth control needed while at boot camp (as allowed by their insurance). If recruits are almost out or have run out of their personal supply of birth control, they should inform their healthcare provider at boot camp. The provider will have the option of inputting a **new prescription of the same contraceptive, or equivalent**, if available. The provider may also task the military pharmacy to perform a **prescription transfer** in order to **replenish their supply** (provided the prescription is still active, has refills, and is available). Recruits may also transition to a different contraceptive method based on their preference, provider guidance, and product availability **while at the recruit training command.**

### WHY USE BIRTH CONTROL?

Recruits may use birth control for many reasons, including to **regulate menstruation, manage menstrual symptoms, practice menstrual suppression (using medication to reduce or stop menstrual periods), and prevent pregnancy.** In addition, continuing birth control prior to entering recruit training will prevent hormone withdrawal symptoms during training. **Contraceptives can be a critical tool to help female recruits maintain optimal health during recruit training.**

**Policy Reference**  
[DHA-PI on Contraceptives](#)  
(Enclosure 3, Section 4)

**Navy Start Guide**  
[Guide for Future Sailors](#)  
(Page 22, Female Specific Items)

**Decide + Be Ready**  
[Mobile app for service women](#)  
to identify their preferred contraceptive method

**Deployment Readiness Education for Service Women (DRES) Handbook**  
(Navigate to the Handbook by going to the Contraception Tab, Page 45)