



Contraceptive Pill Checklist

For women 18 years and older

In order to provide the contraceptive pill safely we need to ask you a number of questions. We would be grateful if you could complete this form when you submit your next repeat prescription request.

If you are having any problems with your medication or would like to consider alternative contraception options, please speak to one of our Practice nurses, who will be able to advise you, or refer you to the Doctor as appropriate.

Patients Name:

Date of Birth:

Date:.....

Contact Number:.....(That you are happy for us to contact you on, to leave a message or to send a text, if there are any queries)

HEIGHT

WEIGHT

BLOOD PRESSURE

.....

.....

.....

Name of Pill requested

Please measure your blood pressure using the BP machine at the main surgery waiting room and attach it to this form

- 1. Are you a smoker/vape/e-cigarette Yes No
Or when did you stop
- 2. Would you like help giving up? Yes No
- 3. Are you aware:
 - a) How the pill works? Yes No
 - b) What to do if you miss a pill? Yes No
 - c) Have you missed any pills in the last 3 months Yes No How Many
 - d) That the contraception may not work if you have diarrhoea or vomiting. Yes No
- 4. Do you suffer from migraines? Yes No
If so, do you suffer from visual symptoms or changes in sensation or muscle power on one side of your body? Yes No
- 5. Do you have parents or siblings who have had heart disease or stroke? Yes No
- 6. Have you or any family member had a deep vein thrombosis or Pulmonary Embolus (blood clot in the leg or lung) ? Yes No
- 7. Do you have blood clotting illnesses/ abnormalities? Yes No
- 8. Do you have any family history of breast cancer under the age of 50? Yes No

9. Are you aware of the alternatives such as long acting reversible contraceptive (please read the attached pages) Yes No
 Please be aware that the contraceptive pill does not protect you from sexually transmitted infections. You need to use a condom to protect yourself.
10. Would you like to book a consultation with a doctor to discuss or arrange fitting a long acting reversible contraceptive Yes No
11. Have you had any abnormal bleeding or bleeding after intercourse? Yes No

Please remember cervical smear testing
(EVERY 3 years for women aged 25-50 and EVERY 5 years for women aged 50- 65)

Thank you for completing this form. Please return it with your BP reading.
If we have any problems with re-issuing your prescription we will contact you. If not, your prescription will be ready for you to collect within 5 working days.
Long- acting Reversible Contraceptive (LARC)

I confirm the above information is accurate and up to date.

Signed: Date:

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Long-acting Reversible Contraceptive (LARC) devices are birth control methods that provides effective contraceptive for an extended period of time. You do not have to think about contraception on a daily basis or every time you have sex, as with the oral contraceptive pills or condoms. Long acting reversible contraceptive is highly effective in preventing unintended pregnancies and can be stopped if you decide you want to get pregnant.

Long-acting Reversible Contraceptive (LARC) includes the following:

Implants – these are inserted under the skin and lasts up to 3 years

Intrauterine device – these are inserted into the womb and lasts for 5-10 years before they need replacing

Contraceptive injection- these work up to 12 weeks before being repeated.

	Copper IUD	IUS	Progesterone-only injection	Implant(Nexplanon)
What is it?	A small plastic and copper device which is inserted into the womb	A small plastic device which is inserted into the womb and slowly releases progestogen	An injection that slowly releases progestogen	A small, flexible rod inserted under the skin that slowly releases progestogen
How does it work?	Prevents fertilization and inhibits implantation of egg in the womb	Mainly prevents implantation of egg and sometimes prevents fertilization	Prevents ovulation	Prevents ovulation
How long does it last?	5-10 years depending on type	5 years	Repeat injection every 8-12 weeks depending on type	3 years
Chances of getting pregnant	Less than 2% of women over a 5 year period	Less than 1% of women over a 5 year` period	Less than 0.4% over a 2 year period	Less than 0.1% of women over 3 year period
Could it affect chances of getting pregnant in the future	No	No	It may take up to a year for fertility to return to normal	No
Effect on period?	Periods may become heavier or more painful	For the first 6 months there may be irregular bleeding or spotting	Periods often stop, but some women experience irregular or persistent	Period pains may improve. Periods may stop, or become longer or irregular until removal of implant
Unwanted effects?	Risk of ectopic pregnancy is higher if a women falls pregnant while using an IUD	Risk of ectopic pregnancy is higher if a women falls pregnant while using an IUD May develop acne	May gain weight (2-3kg over a years) May cause thinning of the bones which is reversible on stopping	May develop acne
Checks needed whilst using LARC	Needs check-up after first period after insertion. Regularly feel for threads of IUD to ensure it is still in place. See doctor/nurse if you experience any problem or want to have it removed.	Needs check-up after first period after insertion. Regularly feel for threads of IUD to ensure it is still in place. See doctor/nurse if you experience any problem or want to have it removed.	None – you need to regularly receive repeat injection. See your doctor or nurse if you experience any problems related to the injection.	None. See your doctor or nurse if you experience any problems related to the implant, want to stop using it or have it removed.

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