

Banbridge Group Surgery - McNiff Practice
Contraceptive Pill Review

Thank you for completing this form. The aim is to ensure you are on the safest and most appropriate form of contraception for your needs. Once completed, please hand the form to reception and we will issue your next 12 month supply of the contraceptive pill within 48 hours. Scales and a blood pressure machine are available for your use in the surgery. If you are having any problems with your contraception or would like to discuss alternative methods please make an appointment.

Name of requested contraceptive pill: _____

Personal Details

Name	Height
Date of Birth	Weight
Address	Blood Pressure (please take 2 readings few minutes apart)
Tel number	Smoking Current smoker / ex-smoker / never smoked Number smoked per day:

Medical History

Are you 35 years old or older?	Yes / No
Are you having any problems with irregular bleeding?	Yes / No
Do you suffer from migraines with visual symptoms?	Yes / No
Have you, or any siblings or parents of yours, had a blood clot in the legs or lungs?	Yes / No
Have you, or any siblings or parents of yours, had breast cancer?	Yes / No

Information

Are you aware:	
• How to take the pill?	Yes / No
• What to do if you miss a pill?	Yes / No
• That the contraceptive pill may not work if you have diarrhoea or vomiting	Yes / No
• That the pill does NOT protect you from sexually transmitted infections, so you need to use a condom as well to reduce this risk	Yes / No
Are you interested in a long acting form of contraception including coils, implants or injections? If so, please make an appointment to discuss further. Please see reverse	Yes / No

Patient signature

Date

For office use:	
BMI _____	
Issue prescription for 12mths	<input type="checkbox"/>
Issue prescription for 1 month and arrange review	<input type="checkbox"/>

Long-acting Reversible Contraception

Long-acting reversible contraceptive devices are contraceptive options that provide effective contraception for an extended period of time. This means you do not have to remember to take a daily pill, but still have reliable contraception. They can be stopped if you decide you want to become pregnant.

	Implant	Mirena Coil (IUS)	Copper Coil (IUD)	Injection
What is it?	A small, flexible rod inserted under the skin that slowly releases progesterone	A small plastic device which is inserted into the womb and releases progesterone	A small plastic and copper device which is inserted into the womb.	An injection that slowly releases progesterone
How does it work?	Prevents ovulation	Prevents implantation and thickens cervical mucus to prevent sperm reaching egg	Prevents fertilisation and may also prevent implantation	Prevents ovulation
How long does it last for?	3 years	5 years If fitted after 45yrs can stay until after menopause	5-10 years depending on type	Repeat injections every 12 weeks
Chances of getting pregnant?	Less than 0.1% over 3 year period	Less than 1% over a 5 year period	Less than 2% over a 5 year period	Less than 1% in one year
Does it affect future fertility?	No	No	No	May take up to one year after stopping for fertility to return
Effect on periods?	Your periods may stop, be irregular or longer	Periods usually lighter, less painful, and may stop. May have some irregular bleeding in the first 6 months	May become heavier or more painful	Periods often stop, some women have irregular bleeding
Unwanted effects?	May develop acne	Risk of ectopic pregnancy is higher if fall pregnant while using an IUS	Risk of ectopic pregnancy is higher if fall pregnant while using an IUD	May cause weight gain and thinning of the bones
How is it inserted and removed?	Skin numbed and implant inserted under the skin. To remove it, skin numbed, a small cut is made and the implant is gently pulled out.	Insertion usually takes around 5 minutes. Can be discomfort during insertion. Has threads that come through the cervix - can be removed by the doctor gently pulling on threads.	Insertion usually takes around 5 minutes. Can be discomfort during insertion. Has threads that come through the cervix - can be removed by the doctor gently pulling on threads.	Injected into muscle in buttock by practice nurse.