



park medical practice

**The Park Medical Practice
Patient Contraceptive Pill Checklist
For patients aged 16+ already on contraceptive pill**

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 contraceptive pill repeat prescription request. Complete this form and hand to reception with contact details.

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	
Contact Telephone Number (that you are happy for us to contact you on, if there are any queries)	
I consent to information being sent to my Email Address Yes/No	Email Address:
Please confirm the contraceptive pill you are currently taking	

1. Have you attached your blood pressure readings	Yes	No
2. Are you a smoker? / Ex-Smoker	Yes	No
3. Would you like help giving up?	Yes	No
4. What is your weight?		
What is your height?		
5. Are you taking any medication not prescribed by the surgery? If so please detail overleaf		
6. Are you aware:		
▪ How the pills works?	Yes	No
▪ What to do if you miss a pill?	Yes	No
▪ That that contraceptive pill may not work if you have diarrhoea or vomiting?	Yes	No
▪ Do you have epilepsy?	Yes	No
▪ That the contraceptive pill does NOT protect you from sexually transmitted infections, so you will need to use a condom aswell to protect yourself?	Yes	No
▪ Do you suffer from migraines?	Yes	No
▪ If you suffer from migraines do you experience visual symptoms or changes in sensation or muscle power on one side of your body?	Yes	No

▪ Do you have parents or siblings who have had heart disease or strokes under the age of 45?	Yes	No
▪ Do you have diabetes?	Yes	No
▪ Have you had a deep vein thrombosis or pulmonary embolus?	Yes	No
▪ Do you have parents or siblings that have had a deep vein thrombosis or pulmonary embolus under the age of 45?	Yes	No
▪ Do you have any blood clotting illnesses / abnormalities?	Yes	No
▪ Do you have any family history of breast cancer under the age of 50?	Yes	No
▪ Are you aware of the alternatives such as long acting reversible contraception ?(please read the attached pages)	Yes	No
▪ Would you like to book a consultation with a clinician to discuss or arrange fitting of a long acting reversible contraceptive or any other problems with your contraception?	Yes	No

If you take the combined pill or pill containing oestrogen

- Try to reduce immobility during travel
- If you plan to travel to altitude of 4,500 metre or more for one week please request an alternative contraception
- Stop a pill containing oestrogen four weeks before planned surgery

Medication not prescribed by surgery

I confirm that I have read and understood the information provided to me regarding contractive medication and the options in relation to long action reversible contraception

Patient signature	
Date	

Thank you for completing this form please return to reception at the practice or email to womenshealth.parkmedical@nhs.net

If there are any problems with re-issuing your prescription we will contact you on the details provided

If not your prescription will be ready for you to collect within 2 working days. If you are registered with a pharmacy for electronic prescriptions we will send the prescription electronically to your nominated pharmacy.

**The Park Medical Practice
Telephone: 01772 529000**

NHS Choices also provides very good advice about contraception including pills; www.nhs.uk

Patient Information Leaflet Long-acting Reversible Contraception (LARC)

Long-acting reversible contraceptive (LARC) devices are birth control methods that provide effective contraception 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 pill or condoms. Long-acting reversible contraception is highly effective in preventing unintended pregnancies, and can be stopped if you decide you want to get pregnant.

Long-acting reversible contraceptives include the following:

- **Implants** – these are inserted under the skin and last for up to 3 years.
- **Intrauterine devices** – these are inserted into the womb and last for 5 to 10 years before they need replacing.
- **Contraceptive injections** – these work up to 12 weeks before repeating

Currently all LARC methods are for women, as there are no long-acting reversible contraceptives designed for men yet.

	Copper IUDs (coil)	IUS (Coil)	Progestogen – only injections	Implants (Implanon)
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 injections 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
Affect on periods?	Periods may become heavier or more painful	For the first 6 months there may be irregular bleeding or spotting. Periods often become less frequent or stop after a year	Periods often stop, but some women experience irregular or persistent bleeding	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 woman falls pregnant while using an IUD.	Risk of ectopic pregnancy is higher if a woman falls pregnant while using an IUS. May develop acne	May gain weight (2-3kg over a year) May cause thinning of the bones which is reversible on stopping	May develop acne
Checks needed whilst using LARC	Need check-up after first period after insertion. Regularly feel for	The same checks apply as for the IUD. See doctor or	None – need to regularly receive repeat injections. See you doctor or	None. See you doctor or nurse if you experience any

	threads of IUD to ensure it is still in place. See doctor/nurse if you experience any problems or want to have it removed.	nurse if you experience any problems or want to have it removed	nurse if you experience any problems related to the injection	problems related to the implant, want to stop using it or have it removed.
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Make sure you have sufficient information from your doctor or nurse before you decide long-acting reversible contraceptive is right for you. Information should be verbal as well as written. You'll need to check with your doctor or nurse as particular contraceptive methods may not be suitable for you. Your doctor will enquire about your general health, medical problems, periods and previously used contraceptives. Before starting any method your doctor will need to check that you are not pregnant. Some long-acting reversible contraceptives take effect immediately, depending on when in your cycle you start using them. Other methods may not be immediate in which case additional contraception may be required. Long active reversible contraceptives do not protect against sexually transmitted infections (STIs). Condoms can help protect against these infections and you doctor or nurse can provide more information on this.

All the methods mentioned in this leaflet can generally be used by:

- Women of any age
- Women who have never had children
- Women who are breastfeeding, or recently have had a child
- Women who recently had a termination of pregnancy
- Women who are overweight
- Women with diabetes
- Women with epilepsy
- Women who suffer from migraines
- Women who can't use oestrogen containing contraceptives
- Women who are HIV positive

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