

Bloomfield Surgery
Combined Hormonal Contraceptive annual review
TEL: 028 91247367

Name

Date of Birth.....

Contact Number

In order to prescribe your contraceptive safely we need to update your information every year. We would be grateful if you could complete and return this form and make an appointment in the treatment room for annual monitoring checks (height, weight and blood pressure) **before** you submit your next repeat prescription request.

We may need to speak to you regarding information provided therefore please include your current phone number above. If you would like to speak to a GP about your medication or would like to consider alternative contraception (e.g. long-acting reversible contraceptives-injections, implants and coils) please book an advice call with a GP. Call times for GPs are 8.30am to 10am Mon to Fri. Alternatively you can contact the local Sexual Health and Reproductive Clinics for information at Bangor Hospital (02891454186) or Ards Hospital (02891812661)

Reason for taking the pill: Contraception Acne Irregular periods Heavy/Painful periods

Do you think you are getting any side effects from the pill? Yes No
(If so, then please make a GP appointment)

Are you experiencing any irregular bleeding while on the pill? Yes No
(If so, then please make a GP appointment)

Are you primarily breastfeeding (if applicable)? Yes No

Smoking status Never smoked Smoker Ex-smoker Vaper

If currently smoking, how many cigarettes do you smoke per day?cigs/day

Have you ever suffered from migraines? Yes No

Was your first migraine after you started the combined contraception? Yes No

Was the migraine associated with any visual disturbances (aura)? Yes No

Estimated date of last migraine with aura? Date/...../..... N/A

Are you immobile (i.e. in a wheelchair) or suffered periods of immobilisation in the past? Yes No

Do you have breast lumps? Yes No

Have you ever had breast cancer? Yes No

Did you experience high blood pressure in pregnancy Yes No N/A

Do you have/ever have had gallstones or liver issues? Yes No

Do you suffer from lupus or had an organ transplant? Yes No

Do you take drugs for epilepsy or tuberculosis or take St John's Wort. Yes No

Have you ever had a blood clot in your leg or lung? Yes No

Has your parent or sibling ever had a blood clot in the leg or lung? Yes No

If yes, do you know what age they were? Under 45yo Over 45yo Unsure

Do you have diabetes (type 1 or 2) or high cholesterol? Yes No

Have you ever had a stroke or mini stroke (TIA) or heart disease? Yes No

Is your smear test up to date (age 25 to 64)? Yes No N/A

Please tick here to state you have read the attached information regarding long acting reversible contraception.

Your Signature Date

Contraceptive Pills do not protect you from sexually transmitted diseases. Condoms will be needed as well to protect against sexually transmitted diseases

Long-acting Reversible Contraception (LARC)

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. LARC is highly effective in preventing unintended pregnancies, and can be stopped if you decide you want to get pregnant.

LARC 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 been repeated.

	Copper IUDs	IUS (Mirena®)	Progestogen-only injections (Depo-provera®)	Implants (Implanon® /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 take?	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 threads of IUD to ensure it is still in place. See doctor/nurse if you experience any problems or want to have it removed.	The same checks apply as for the IUD. See doctor or nurse if you experience any problems or want to have it removed.	None – need to regularly receive repeat injections. See you doctor or nurse if you experience any problems related to the injection.	None. See you doctor or nurse if you experience any problems related to the implant, want to stop using it or have it removed.

Make sure you have sufficient information from your doctor or nurse before you decide which long-acting reversible contraceptive is right for you. Information should be verbal as well as written. 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 you cycle you start using them. Other methods may not be immediate in which case additional contraception may be required.

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

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

Long-acting reversible contraceptives do not protect against sexually transmitted infections (STIs). Condoms can help protect against these infections and your doctor or nurse can provide more information on this.