



Annual Contraceptive Pill Review – FOR PATIENT TO COMPLETE PLEASE

IF THIS FORM IS NOT COMPLETED ACCURATELY AND IN FULL IT WILL DELAY YOUR PRESCRIPTION

For women 18 years and older, who are currently taking a contraceptive pill, prescribed by Beacon Medical Group, who are happy with their current contraception and wish to continue taking it.

In order to provide the contraceptive pill safely we need to ask you a number of questions.

If you are having any problems with your medication or would like to consider alternative contraception options, please speak to one of our family planning trained practice nurses, or your own GP, who will be able to offer advice

Patients Name:

Signature:

Date of Birth:

Telephone No:

Date:

Please make sure you have had your blood pressure and weight taken in the surgery within the last 4 weeks. You may need to book an appointment with a HCA to facilitate this, please book if this appointment is needed. Home testing of BP and weight is both acceptable and welcome.

| Please answer all questions below: | Yes | No |
|---|------------|-----------|
| Are you satisfied with your current method of contraception? Please state pill name: | | |
| Are you aware of the alternatives such as long acting reversible contraceptive (please read the attached pages)? | | |
| Are you a smoker? | | |
| Are you a smoker over the age of 35 years? | | |
| If you do smoke, would you like help giving up? | | |
| Is your BMI > 35? Please calculate using current weight and height, please state Ht: Weight:..... https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx# BMI: | | |
| Is your BP greater than 140/90mmHg? Please state BP: / | | |
| Do you knowingly have a q-risk >10 or a past history of heart disease, stroke, TIA or arterial disease? | | |
| Have you or any family member, had a deep vein thrombosis or pulmonary embolus (blood clot in the leg or lung), under the age of 45? | | |
| Are you currently immobile? | | |
| Do you suffer from migraines? | | |
| If so, do you suffer from visual symptoms prior to the migraine headache? | | |
| Do you have a current history or past history of breast cancer? | | |
| Do you have uncontrolled diabetes? | | |
| Have you developed any new symptoms or bleeding patterns since your last review? | | |
| Have you had any changes to your medical / family / drug history since your last review? | | |
| Are you aware how the pill works? Further information on the FPA or BMG websites. | | |
| Are you aware what to do if you miss a pill? | | |
| Are you aware that the contraception may not work if you have diarrhoea or vomiting | | |
| Are you aware that the contraceptive pill does NOT protect you from Sexually Transmitted Infection (STI), so you will need to use a condom as well to protect yourself? | | |
| Would you like to book a consultation with a health care professional to discuss or arrange fitting a long acting reversible contraceptive? | | |

Thank you for completing this form.

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)

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. |