

# REVIEW FOR WOMEN TAKING ORAL CONTRACEPTIVE PILLS

Name ..... Date of Birth .....

Telephone Number which you are happy for us to contact you on .....

Date you need your next supply of contraceptives .....

**YOU NEED TO RETURN THIS COMPLETED FORM TO US AT LEAST 2 WEEKS BEFORE YOU NEED YOUR NEXT PACKET OF PILLS.**

You have recently requested a repeat prescription for your contraceptive pills. We attach a prescription for one packet of your pills because your annual review is now due. If you have no problems with your contraceptive pill it may not be necessary for you to see the doctor and instead you may just complete this form fully and return it to us within the next two weeks. We do need to know your **height, weight and blood pressure.** You can check these without an appointment in the Health Information room at the Wycliffe Medical Practice- the room is open between 08.30 and 18.00 Monday - Friday. It should only take you five minutes!

Once we have processed the information on this form we will decide whether you can pick up a prescription for a further 12 month supply of pills, or whether the doctor wishes to see you - in which case we will contact you. It is helpful if we can have a mobile or home phone number on which you are happy for us to leave a message.

If you would rather see the doctor for your annual review, please make an appointment with the doctor of your choice, and bring the completed form to the appointment with you.

- Name of the contraceptive you are taking .....

Do you think you are getting any side effects from the pill?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
If you are taking the combined (21 day) pill, is your bleeding regular?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If you are taking the progesterone only (mini-pill) is your bleeding acceptable?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you breast feeding?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Are you immobile (i.e. in a wheelchair)?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Do you suffer from migraines?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
If yes, do your migraines provoke loss of vision, numbness, weakness or speech problems?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Do you have breast lumps?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Have you ever had breast cancer?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Are you diabetic?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Do you have gallstones?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Do you take drugs for epilepsy or tuberculosis (TB)?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Do you take St John's Wort?	<input type="checkbox"/> No	<input type="checkbox"/> Yes

- Have you ever had a blood clot in your leg or lung?  No  Yes
- Has a close relative ever had a blood clot in the leg or lung?  No  Yes
- If yes, have you discussed this with your Doctor?  Yes  No
- Do you suffer from any form of heart disease?  No  Yes
- Have you ever had a stroke or mini stroke (TIA)?  No  Yes
- Have you had hepatitis A, B or C since your last review?  No  Yes
- Do you smoke?  Ex-Smoker  Never smoked  Smoker .....per day

**Please note - we advise all smokers that they should stop smoking.** Smoking does increase the risks of circulatory problems, particularly in women on the pill. If you would like help to stop smoking please pick up one of our 'stop smoking' packs in the Health Information room, or ask at Reception for one.

More women are becoming interested in using long-acting reversible contraceptives (contraception you don't need to remember). An information leaflet is attached about these methods (injections, implants and 'coils'). Please tick here if YOU HAVE NOT RECEIVED this information.

If you would like to consider one of these methods please make an appointment with your Doctor.

We do recommend that all women should be 'breast aware' – if you would like information about checking your breasts please pick up a leaflet from the health information room. If you think you have a breast lump, or you have a strong family history of breast cancer and have not previously discussed this, please make an appointment with your doctor.

- Your Height .....(cm)
- Your Weight .....(kg)

Please staple Blood Pressure printout here

We usually prescribe 12 packets of the pill. If you would prefer fewer packs please state the number required here-  
Where would you like to collect your prescription from?

Wycliffe Medical Practice Gilmorton Road Monday – Friday †	Fortnams Pharmacy High Street Monday – Saturday †	Lloyds Pharmacy Church Street Monday – Saturday †	Lloyds Pharmacy Gilmorton Road Monday – Friday †
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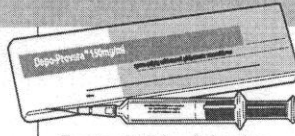
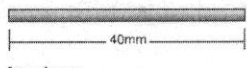
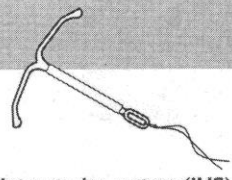
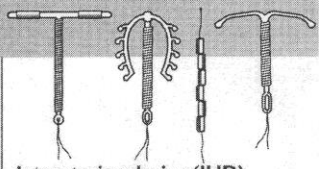
Your Signature ..... Date .....

BMI ..... Data input completed by ..... Date .....

All items to be prescribed generically unless specified  
 Cerezette - Degesterol 75 micrograms  
 Yasmin – Lucette                      Cilest - Lizinna  
 Marvelon – Cimizit                    Microgynon - Levest

Issue 12m prescription  
 Issue 1m prescription, routine review – Patient notified by phone/voicemail/text/answerphone/letter\*  
 Urgent review - Patient notified by phone/voicemail/text/answerphone/letter\*

# Information regarding Long Acting Reversible Contraception.

Methods with no user failure				
	 <b>Contraceptive injection</b>	 <b>Implant</b>	 <b>Intrauterine system (IUS)</b>	 <b>Intrauterine device (IUD)</b>
<b>Effectiveness</b>	Over 99 per cent effective. Less than one woman in 100 will get pregnant in a year.	Over 99 per cent effective. Less than one woman in 1,000 will get pregnant over three years.	Over 99 per cent effective. Less than one woman in 100 will get pregnant over five years.	Over 99 per cent effective. Less than one woman in 100 will get pregnant in a year. Older IUDs have less copper and are less effective.
<b>How it works</b>	Releases the hormone progesterone which stops ovulation, thickens cervical mucus to prevent sperm reaching an egg, and thins the lining of the uterus (womb) to prevent a fertilised egg implanting.	Small flexible rod put under the skin of the upper arm. Releases the hormone progesterone. It stops ovulation, thickens cervical mucus to prevent sperm reaching an egg, and thins the lining of the uterus to prevent a fertilised egg implanting.	A small T-shaped plastic device which slowly releases the hormone progesterone is put into the uterus. This thickens cervical mucus to prevent sperm reaching an egg, thins the lining of the uterus to prevent a fertilised egg implanting and may stop ovulation.	A small plastic and copper device is put into the uterus. It stops sperm reaching an egg, and may also stop a fertilised egg implanting in the uterus.
<b>Advantages</b>	<ul style="list-style-type: none"> <li>• Lasts for 12 weeks (Depo-Provera) or eight weeks (Noristerat).</li> <li>• May protect against cancer of the uterus, and offers some protection from pelvic inflammatory disease.</li> <li>• You don't have to think about contraception for as long as the injection lasts.</li> </ul>	<ul style="list-style-type: none"> <li>• Works for three years but can be taken out sooner.</li> <li>• You don't have to think about contraception for as long as the implant is in place.</li> <li>• When the implant is removed your fertility will return to normal.</li> </ul>	<ul style="list-style-type: none"> <li>• Works for five years but can be taken out sooner.</li> <li>• Periods usually become much lighter, shorter and sometimes less painful.</li> <li>• You don't have to think about contraception for as long as the IUS is in place.</li> <li>• When the IUS is removed your fertility will return to normal.</li> </ul>	<ul style="list-style-type: none"> <li>• Works as soon as it is put in.</li> <li>• Can stay in 5–10 years depending on type, but can be taken out at any time.</li> <li>• You don't have to think about contraception for as long as the IUD is in place.</li> <li>• When the IUD is removed your fertility will return to normal.</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>• Periods may stop, be irregular or longer.</li> <li>• Periods and fertility may take time to return after stopping the injection.</li> <li>• Some women gain weight.</li> <li>• Some women report having headaches, acne, mood changes and breast tenderness.</li> </ul>	<ul style="list-style-type: none"> <li>• Periods are often irregular, much longer or stop.</li> <li>• Acne may occur.</li> <li>• Some women report having mood changes and breast tenderness.</li> <li>• It requires a small procedure to fit and remove it.</li> </ul>	<ul style="list-style-type: none"> <li>• Irregular bleeding or spotting is common in the first six months.</li> <li>• Periods may stop altogether. Some women report having acne, headaches and breast tenderness.</li> <li>• Very small chance of getting an infection during the first 20 days after insertion.</li> <li>• May get ovarian cysts.</li> </ul>	<ul style="list-style-type: none"> <li>• May not be suitable for women at risk of getting a sexually transmitted infection.</li> <li>• Periods may be heavier or longer and more painful.</li> <li>• Very small chance of getting an infection during the first 20 days after insertion.</li> <li>• A small increased risk of ectopic pregnancy if the IUD fails.</li> </ul>
<b>Comments</b>	<ul style="list-style-type: none"> <li>• The injection cannot be removed from the body so any side-effects may continue for as long as it works and for some time afterwards.</li> <li>• Not affected by other medicines.</li> </ul>	<ul style="list-style-type: none"> <li>• Put in using a local anaesthetic and no stitches are needed. Tenderness, bruising and some swelling may occur.</li> <li>• You may feel the implant with your fingers, but it can't be seen.</li> <li>• Some medicines may stop the implant from working.</li> </ul>	<ul style="list-style-type: none"> <li>• If fitted after 45 it can stay in place until the menopause.</li> <li>• Women are taught to check the IUS is in place.</li> <li>• Can be useful for women with very heavy and/or painful periods.</li> <li>• A check for any existing infection is usually advised before an IUS is put in.</li> <li>• Not affected by other medicines.</li> </ul>	<ul style="list-style-type: none"> <li>• If fitted after 40 it can stay in place until the menopause.</li> <li>• Women are taught to check the IUD is in place by feeling the threads high in their vagina.</li> <li>• A check for any existing infection is usually advised before an IUD is put in.</li> <li>• Not affected by other medicines.</li> </ul>

If you would like to consider one of these methods please make an appointment with your Doctor.