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Practice Manager: Rachel Kennouche

Combined Oral Contraceptive ('Pill', patch and nuva ring) & Progesterone only Pill Review

You are due an annual medication review.

- If you are happy with your contraception and don't feel that you need to see a nurse to discuss any issues, then please complete this questionnaire.
- If you want to change your contraception or are having any problems then please book a review with the nurse.

Patient name:

Address:
.....
.....
.....

Telephone:

DOB Age

Name of medication:.....

1. Personal Medical History:

	Y	N		Y	N
Migraine			High blood pressure		
DVT (blood clot in leg)			Epilepsy		
PE (blood clot in lung)			Heart disease		
Breast Cancer			Stroke		
Irregular bleeding between periods			Bleeding after sex		

Other/ comments:

2. Family history:

	Y	N		Y	N
Blood clotting problems eg Factor V Leiden			High blood pressure		
DVT (blood clot in leg)			Epilepsy		
PE (blood clot in lung)			Heart disease		
Breast Cancer			Stroke		

Other / Comments:

3. Lifestyle:

	Y	N	
Do you smoke? <i>If yes, see:</i> www.cheshirechangehub.org <i>for help to stop smoking</i>			If yes, How many per day _____ How many years? _____
Drink alcohol?			How many units per week _____
Are your smears up to date (if over 25yrs)?			<i>If no, we'd recommend booking this with the practice nurse</i>

4. Examination (you can use the machine in the waiting room to check your blood pressure & scales)

Height _____ Weight _____

Blood pressure _____ / _____

	Y	N
Do you remember to take your pill regularly?		
Are you familiar with the missed pill rules & what to do if you forget your pill?		
Have you already run out of your pills ? (in future please allow at least 48hrs for repeat prescriptions and ensure you have a pill check every 12 months)		
If you have not taken your pill for more than 2 days [12 hrs if progesterone only pill eg zeletta, cerazette] (or are more than 2 days late re-starting it after your pill free week then you will need to use additional precautions for 7 days. If you have had unprotected sex during this time you will need emergency contraception – see nurse or pharmacist ASAP.		

- Are you aware of longer acting methods of contraception e.g. implant, depot injection, coil which don't rely on you having to take a tablet every day?

If you would like any further information about these methods, please book an appointment with Nurse Debbie or a telephone appointment.

- Are you aware that you can get emergency contraception from the pharmacy or practice nurse if you miss pills?.

Would you like any STI screening (chlamydia / gonorrhoea)?
This can be done by a self-taken swab – please collect a pack from the toilet

Many thanks for completing this questionnaire, if we highlight any problems then we will contact your for a review.

Signature: _____ Date: _____