Central Montana Family Planning
505 West Main St, Suite 108 ~ Lewistown, MT 59457
(406) 535-8811 phone & fax
http://www.cmtfp.org

COMBINED ORAL CONTRACEPTIVES CONSENT

NAME: _____ **DOB:** _____ **PATIENT #:**_____

THIS CONSENT IS FOR THE FOLLOWING METHOD OF CYCLING (CHECK ONE):
☐ **Withdrawal bleed monthly**
☐ **Withdrawal bleeds 3 times per year (every 4 months as prescribed)**
☐ **Withdrawal bleeds 1 time per year (as prescribed)**
☐ **No withdrawals bleed (cessation as prescribed)**

Combined Oral Contraceptives (the Pill) are an oral contraceptive that protects you from pregnancy. The birth control effect begins after ten (10) days. Combined oral contraceptives are 92-99% effective if used correctly and consistently. They work by preventing ovulation.

Begin taking your first pill on the day your period starts. (For example, if your period starts on Sunday, take it *that* day. If your period starts on Thursday, take it on Thursday.)

When: Take your pill ***daily***. Associate taking the pill with a habit: Brushing your teeth, eating dinner, or going to bed. To minimize the chance of breakthrough bleeding between periods, take your pill at the same hour every day**.** For the **first ten (10) days** of your starter pack use condoms or don't have sex. ***A pregnancy can occur during these first ten days.***

How:

- ☐ If you have chosen to have a monthly withdrawal bleed, take one "active" pill for 3 weeks (21 days), then one week of "inactive, placebo, or sugar" pills. Your withdraw bleed should occur during this time.
- ☐ If you have chosen to cycle with a withdrawal bleed 3 times per year, take three weeks or 21 days ("active pills") then directly start a new package. Repeat this until the fourth package. At that time you need to take three days of inactive ("sugar" or "placebo") pills to have a withdrawal bleed. Expect a very light bleed. After your 3-day bleed start a new package of pills. Repeat this process.
- ☐ If you have chosen to have 1 withdrawal bleed a year, then take active pills only until the end of the year (for example, just before your annual exam). At that time take 3 days of inactive pills. You may or may not have bleeding at this time. On the 4th day, start a new pack of active pills.
- ☐ If you've chosen to have NO withdrawal bleed, do **not** take the inactive pills ever.

If a pill is a few hours late, take that pill *as soon as you remember*. Bleeding or spotting may occur for a few days, this is normal. A late pill should not cause a pregnancy.

If a pill is 24 hours late, take the forgotten pill along with the pill for the correct day *together*. Use condoms or don't have sex for 10 days. Bleeding or spotting may occur for a few days, this is normal. ***A missed pill could cause a pregnancy.***

If you miss *2* pills in a row, take 2 pills *as soon as possible* and 2 more pills the next day. (For example: If you miss Saturday and Sunday pills and notice on Monday, take 2 pills on Monday and 2 pills on Tuesday.) Use condoms or don't have sex for 10 days. Bleeding or spotting may occur for a few days – a few weeks, this is normal. ***More than one missed pill could cause a pregnancy.***

If you miss more than two pills in a row, DON'T make up the missed pills. *Stop* taking the package and *immediately* use condoms or don't have sex. If you would like to restart the pill, please call the clinic at 535-8811 and we will help you restart.

If you wish to discontinue the pill, stop your pills at the END of the package and don't re-begin a new package. Your contraceptive benefits end at this point and a pregnancy is possible.

If you did not forget pill or take a pill late and you skip a period it is unlikely that you are pregnant. Occasionally women taking birth control pills may miss a period. If you are concerned about a possible pregnancy call the clinic at 535-8811 for a pregnancy test.

BENEFITS

- Relief of menstrual cycle symptoms including cramps
- Improved acne
- Protection against ovarian and uterine cancer
- Decreased anemia
- Decrease in Cyclic migraines
- Decrease or no PMS, anxiety, and depression
- No periods and lighter every 4 months
- Decrease of occurrence ovarian cysts
- Decrease Fibrocystic Breast Disease
- Less likely to develop Pelvic Inflammatory Disease (PID)

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SIDE EFFECTS (SHOULD DECREASE OR RESOLVE AFTER 3 PACKAGES)

- Nausea – take with food or take your pill at bedtime
- Light vaginal bleeding between periods–take your pill at the same time everyday and take only 3 inactive pills every 4 months to avoid spotting.
- Tender/enlarged breasts
- Weight gain
- Missed period
- Headache
- Depression
- Bloating
- Mood Changes
- Fatigue

SERIOUS SIDE EFFECTS

You should watch for the following danger signals and report any to a clinician immediately:

- Sharp or rushing chest pain or coughing blood;
- Shortness of breath;
- Unusual swelling or pain in the legs or arms;
- Sudden severe headaches;
- Eye problems such as blurred vision or double vision or loss of vision;
- Severe pain in the stomach or abdomen;
- Yellowing of the skin or eyes;
- Severe depression;
- Unusually heavy bleeding from the vagina;
- New lump in your breast;
- No period after having a period every month.

SMOKING INCREASES YOUR RISK OF DEVELOPING SERIOUS SIDE EFFECTS!

- Blood clots in legs, pelvic vessels, lungs, or brain
- High Blood Pressure
- Gallbladder Disease

PRECONCEPTUAL

After you have been on continuous cycling and discontinue the birth control the chance of getting pregnant is *greater*. There may be some delay in becoming pregnant after you stop using Combined Oral Contraceptive Pills, especially if you had irregular menstrual cycles before you used Combined Oral Contraceptive Pills. Once you have stopped using Combined Oral Contraceptive Pills, it may be best to wait to get pregnant until you begin menstruating regularly to better help you identify the date of conception and allow the uterine lining to return to its prec. There does not appear to be any increase in birth defects in newborn babies when pregnancy occurs soon after stopping hormonal contraceptives.

CONTINUOUS BREAK-THROUGH BLEEDING

If continuous break-through bleeding or spotting occurs, try taking ibuprophen (Advil, Motrin) as soon as you see that you are spotting. Take it for 2 days as directed on the label. If your spotting persists, quit taking the pill for 3 days to give yourself a period. Resume taking the pill on the 4th day where you left off.

OTHER MEDICATION

If you are seen by a medical service provider for another problem be sure to tell him/her that you are on birth control pills. Some prescribed medications, such as antibiotics, may affect the effectiveness of the pill; condoms are advised.

REMEMBER THE PILL DOES NOT PROTECT AGAINST DISEASE.

Notify your primary care provider, this clinic, or the hospital emergency room at 535-7711 if you notice any unusual physical disturbances while taking the pill.

SEE THE PACKAGE INSERT FOR MORE SPECIFIC USAGE INSTRUCTIONS.

I have read and understand these instructions, any questions I may have had were answered.

Patient Signature _____ Date _____

Staff Signature _____ Date _____

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