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

PROGESTIN ONLY ORAL CONTRACEPTIVE CONSENT

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

The progestin-only pill "mini-pill" is 92-99% effective when used correctly. If used while breastfeeding, effectiveness is increased. Non-breast feeding user effectiveness is 94-96%. It acts primarily by thickening cervical mucous.

BENEFITS:

- No estrogen side effects
- Scanty menstrual bleeding or no menstrual bleeding
- Decreased menstrual cramps & pain
- Suppression of pain associated with ovulation
- Less iron-deficiency anemia
- Decreased endometrial & ovarian cancer
- Decreased risk in pelvic inflammatory disease
- Management of pain associated with endometriosis
- Reversibility: Minipills are immediately reversible.

POTENTIAL SIDE EFFECTS:

- Irregular menstrual bleeding or spotting
- Tender breasts
- Weight gain
- Moodiness or depression

RISKS & COMPLICATIONS:
Users of progestin-only hormonal birth control may have a slightly greater chance than non-users of developing certain serious problems in rare cases. These serious problems include:

- Tubal (ectopic) pregnancy
- Ovarian cysts that usually disappear without treatment and rarely cause problems
- Liver tumors
- Although there is no confirmed evidence in human studies, especially related to progestin-only pills, there is concern about a slightly increased risk of cancer of certain reproductive organs (breast and cervix) that may or may not be associated with oral contraceptive use.

ALTERNATIVES & DISEASE: I understand that there are other methods of birth control that I could use. If I requested information on other methods, that information was made available to me. The progestin only pill does ***not*** protect against sexually transmitted diseases including HIV. I am aware that latex or non-latex condoms should be used to protect against sexually transmitted infections.

DANGER SIGNS:
While these danger signs are NOT typically associated with progestin-only pills, you should watch for the following and report any to a clinician immediately:

- Abdominal pain – May be due to an ovarian cyst or a tubal (ectopic) pregnancy (don't stop pills, but contact your provider right away)
- Delayed period after several months of regular cycles – May be a sign of pregnancy
- Repeated, very severe headaches

IN CASE OF EMERGENCY: The 24-hour emergency telephone number is 406.535.7711. The nearest hospital/urgent care clinic is located at 311 Wendell Ave, Lewistown, MT.

DECISION TO STOP OR CHANGE METHOD:
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 discontinue mini-pills and do not want to become pregnant, start using another contraceptive immediately.

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

For pregnancy: Once you have stopped using progestin-only pills, it may be best to wait to get pregnant until you begin menstruating regularly to better help you identify the date of conception. There does not appear to be any increase in birth defects in newborn babies when pregnancy occurs soon after stopping hormonal contraceptives.

INSTRUCTIONS:
Each progestin-only contraceptive pill pack is a 28-day cycle**. To achieve maximum contraceptive effectiveness, progestin-only pills must be taken every day at the same time**. Administration is continuous, with no interruption between pill packs.

If you are more than 3 hours late or you miss one or more pills, take a missed pill immediately, then go back to taking your pills at your regular time**. It is important that you be sure to use a backup method (such as condoms) every time you have sex for the next 48 hours.**

SEE THE PACKAGE INSERT FOR MORE SPECIFIC USAGE INSTRUCTIONS.

I have had a chance to ask questions about progestin-only oral contraceptive pills and this consent form and my questions, if applicable, have been answered.

Patient Signature:_____Date: _____

Staff Signature: _____Date: _____

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