

Family Planning Association of Chelan-Douglas County

CONSENT FOR COMBINED HORMONAL BIRTH CONTROL

Birth control methods containing both estrogen and progesterone are called combined hormonal contraceptives (CHC). They come in many brands, doses and forms. They all act the same way to prevent pregnancy. They usually work by stopping the release of an egg from the woman's ovary. They also make vaginal mucous thick so it stops sperm from getting close to an egg.

All combined hormonal birth control methods are very effective when used the right way every time. But, they don't prevent pregnancy 100% of the time.

I have been asked to read the fact sheet that comes with my method. The sheet gives details about how my method works, how well it works, its benefits, common side effects, and risks. Details of correct use have been explained to me. I have a plan as to how to use it.

I have been told of the actions, benefits, effectiveness, correct use, common minor side effects, risks, and alternatives to using this method, including not having sex or using no method.

I know I can stop using my method at any time without penalty. If I stop using my method and do not want to be pregnant, I should call the clinic to get help with another birth control method because I could get pregnant right away if I use no method.

I understand that the CHC are very safe to use for most women. Serious side effects are rare. Danger signs of serious problems can include: sudden and severe headaches, sudden changes in vision, or sharp sudden pain in the leg, chest or abdomen. I have been told to contact a doctor at a clinic or hospital emergency room at once if I notice any of these signs.

I realize these birth control methods do not protect me from HIV or other sexually transmitted diseases (STD). Latex condoms, when used the right way every time, may protect me from HIV, the virus that causes AIDS. Correct use of latex condoms may also reduce the risk of other STD. I understand I need to use condoms PLUS my combined hormonal birth control method to protect me from STDs and HIV/AIDS.

I have had the chance to ask questions and have them answered during my clinic visit. I know how to contact a nurse or doctor at the clinic if I have questions. I have been given an after-hours phone number for emergency use.

I am receiving a combined hormonal birth control method at my own request today. I made this choice after getting facts about all birth control methods and talking about my decision with clinic staff.

My method of combined hormonal birth control is: _____

- I have received the package fact sheet for my birth control method.
- I got basic instructions on how to use my birth control method as well as a fact sheet and other advice in writing.
- I know I have to return to the clinic _____

Client's Signature: _____ Date: _____

Nurse/Doctor's Signature: _____ Date: _____

