

Family Planning Association of Chelan-Douglas County

CONSENT FOR VAGINAL BARRIER BIRTH CONTROL METHODS

The diaphragm, cervical cap, and shield are examples of temporary barrier birth control methods. All are made of soft rubber or plastic. Each one fits into the vagina to block the entrance to the uterus. Each must be used with a spermicidal (sperm killing) cream or jelly to be effective. The barriers prevent pregnancy by keeping live sperm from getting into the uterus. The jelly or cream kills the sperm, so it cannot join with an egg.

Barriers can provide very effective birth control when used the right way every time. But, barrier methods are not 100% effective in preventing pregnancy. Even more than with other methods, following directions carefully is important for success.

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, common side effects, risks, and alternatives to using this method, including abstaining from sex or using no method.

I understand the barrier birth control methods are extremely safe to use. They have few or no dangerous side effects. Nothing enters the bloodstream to affect the whole body or the woman's periods.

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.

I understand these 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 STDs. I understand I need to use condoms PLUS my vaginal barrier 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 barrier 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 barrier birth control method is: _____ Size: _____

- 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: _____