



# Contraception Appointment Checklist

# on my terms

Do you want to understand more about the different types of contraception and which methods might best suit your body and lifestyle? Are you unsure where to start or perhaps nervous about having a discussion with your healthcare professional?

This handy checklist includes some simple questions that you can ask during your consultation to help you gather as much information as possible about your birth control options and make an informed decision that's right for you. Use the notes section to jot down your thoughts and take it with you to help you get the most out of your appointment.

## Finding out about my contraceptive options

Things to discuss during your appointment with a healthcare professional	Notes
<p><b>1 Start by explaining why you have made this appointment.</b></p> <p>For example, you may want to:</p> <ul style="list-style-type: none"> <li>• Find out about birth control options.</li> <li>• Understand how you can regulate your periods.</li> <li>• Discuss any premenstrual syndrome (PMS), period pains, irregular periods, acne or unwanted hair growth.</li> </ul>	
<p><b>2 Provide an overview of your priorities when it comes to birth control, as well as your lifestyle.</b> If you have any concerns or anxieties, be prepared to talk about them so your healthcare professional can help you find an option that best suits you.</p>	
<p><b>3 Remember to provide any important details about your health status.</b> Ask if any of your medical history should be taken into consideration before you make your birth control choice.</p> <p>Think about the following things and consider raising them during your consultation:</p> <ul style="list-style-type: none"> <li>• Do you have a personal or family history of VTE (blood clots)?</li> <li>• Do you have a personal or family history of cancer?</li> <li>• Do you have high blood pressure?</li> <li>• Do you have diabetes or prediabetes?</li> <li>• Do you regularly consume alcohol?</li> <li>• Do you smoke?</li> <li>• Have you had an abortion?</li> </ul>	





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<p><b>4</b> Consider asking about the different types of contraceptives that are available, including their benefits and drawbacks. For example:</p> <ul style="list-style-type: none"> <li>• Barrier methods, such as female and male condoms, diaphragm and cervical cap.</li> <li>• Short-acting hormonal methods, such as the Pill (both the combined Pill and progestin-only Pill, also known as the mini Pill), patch, vaginal ring and emergency contraception.</li> <li>• Long-acting reversible contraceptives, such as the hormonal injection, implant, intrauterine device (IUD) and intrauterine system (IUS).</li> <li>• Other options such as the fertility awareness method, withdrawal method and sterilisation.</li> </ul> <p><i>Tip: Remember the effectiveness of each type of contraception can vary between 'perfect' and 'typical' use. Ask your doctor for more information about how different methods should be used to ensure maximum effectiveness.</i></p>	
<p><b>5</b> If you're interested in hormonal contraception, <b>consider asking for a clear explanation</b> of what hormones are and how they are used in both short-acting and long-acting birth control methods.</p>	
<p><b>6</b> Ask about any <b>regular check-ups</b> that are required or recommended for your chosen method of contraception.</p>	
<p><b>7</b> Find out what you can do if you start a method of birth control and later decide it's not the right choice for you.</p>	
<p><b>8</b> Use this section for any <b>other questions</b> you may have.</p>	

