

## INFORMED CONSENT FOR USE OF ORAL CONTRACEPTIVES

Start your first pack on the first Sunday after your period begins. If you have just had an abortion, start your first pill the first Sunday after the abortion. Take one pill a day until you complete the package, begin a new package the next day.

Use foam and condoms until you have finished your first pill package. You may not be fully protected by the pill during this first month.

Try to take your pill the same time every day (bed time, upon arising, etc.). Pills work best if you take one about the same time every day in order to keep a constant level of the drug in your system.

Check the package each morning to make sure you took your pill the day before.

If you miss one (1) pill, take two (2) the next day and continue taking your pills at the regular time. If you miss two (2) pills, take two (2) pills the next day and two (2) the day after. In either case, use another method of contraception until you finish that package of pills. If you miss three (3) or more pills in a row the chances are good that your ovaries will produce an egg (ovulation) and that you may get pregnant. Throw away your unfinished package of pills and begin using foam and condoms immediately. Start a new package of pills the next Sunday even if you are bleeding. Use your second method of birth control for three (3) more weeks.

If you miss one (1) or more pills and skip a period, call the clinic to ask about a pregnancy test.

If you miss no pills and skip a period, do not worry too much. You may be pregnant, but it is very unlikely. If you are worried, call the clinic. Otherwise, you are fairly safe and can start a new package of pills at the regularly scheduled time.

If you should miss two (2) periods, come to the clinic for a pregnancy test right away.

If you become ill and have several days of vomiting and/or severe diarrhea, use a back up method of birth control for the remainder of that cycle.

Should you experience any unusual, or persistent bleeding with or without cramps, or if you have spotting for two (2) or more cycles, call the clinic.

When you first begin your pills you may experience slight nausea, breast tenderness, irregular spotting, slight weight gain; all of which are usually temporary, and will subside after the body adjusts to the pill – usually around three (3) months.

Your periods may become shorter and lighter. This may be considered a normal side effect of the pill.

Recent studies have shown that there may be an increased risk of heart attack and vascular disease in women 35 and older, who smoke heavily, who have taken oral contraceptives continuously for 5 or more years, or is overweight.

Contraindications to Pill use include: blood clots, stroke, impaired liver function, coronary artery disease, hepatic adenoma, malignancy of breast or female organs, pregnancy (known or suspected), vascular or migraine headaches, high blood pressure, diabetes or family history of diabetes, gall bladder disease, mononucleosis, sickle cell disease, abnormal vaginal bleeding, long leg casts, fibrocystic breast disease and breast fibroadenoma.

About 40% of Pill users have side effects of one kind or another.

Possibly life threatening side effects!

Blood clots in the legs, pelvis, lungs or brain. Signs of blood clots – headaches, blurred or loss of vision, flashing lights, severe leg pains, severe chest pain, or shortness of breath. The risk of heart attack is generally increased and is severely increased in those over 40 who smoke. Rupture of the capsule of the liver, extensive bleeding, and even death may be caused by benign tumors of the liver, which have been shown to be more common in women who use the Pill.

These 5 symptoms may mean serious trouble:

Abdominal pain (severe)

Chest pain (severe) or shortness of breath

Headaches (severe)

Eye problems: blurred vision, flashing lights, or blindness

Severe leg pain (calf or thigh)

You should notify the clinic immediately if you experience any of these symptoms.

Serious side effects:

Gall bladder disease, with upper abdominal pain, indigestion, and the development of gall stones.

Hypertension.

Do not ignore these problems. Do not wait to see if they go away. Call the clinic immediately and explain your problem.

Fairly minor side effects:

Nausea, weight gain, breast fullness, mild headaches, spotting, decreased menstrual flow, missed periods, more problems with yeast infections, vaginal itching or discharge, depression, mood changes, fatigue, acne or mask of pregnancy. Should any of these symptoms become severe or pronounced you should return to the clinic.

Get a complete examination twice a year, including blood pressure check, Pap Smear, test for V.D. and a breast examination.

If you decide to become pregnant, discontinue use of the Pill. Use another contraceptive method and delay pregnancy until you have had three (3) regular cycles.

When you are seen by a doctor for other problems be sure to mention that you are using birth control pills. This is particularly important if you are admitted to the hospital.

I have fully told my past and present medical history including allergies, blood conditions, past and present pelvic disorders, prior medications taken, and reactions I have had to anesthetics, and medicines.

I understand that there are risks of minor and major complications which may occur with oral contraceptive use.

I have read the informed consent sheet and I clearly understand its meaning. I also release

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NAME OF CLINIC M.D. OR N.P.

from responsibility of possible complications or failure of the method.

I request that oral contraceptives be prescribed for me.

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DATE

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
PHONE NUMBER

\_\_\_\_\_  
WITNESS