

STUDENT HEALTH CENTER

(310) 243-3629

HORMONAL CONTRACEPTIVE CONSENT FORM

"The Pill" contains a combination of progesterone and estrogen, similar to hormones that are naturally made by our bodies. It prevents pregnancy through several different mechanisms, including suppression of ovulation (inhibiting the release of an egg), maintenance of a thickened cervical mucus (which decreases sperm penetration), and inhibiting a fertilized EGG (in the rare instance that fertilization may have occurred) from implantation in the lining of the uterus. The "Ring" and the "Patch" also contains a combination of estrogen and progesterone and prevents pregnancy by the same methods described above. The risks, benefits and side effects are the same as for the Pill.

Effectiveness

If used according to the instructions, the combination Pill, Patch or Ring is 99.5% effective in preventing pregnancy. Since the Pill, Patch or Ring provides no protection against sexually transmitted diseases including HIV/AIDS, the most effective way of preventing infections, other than abstinence, is to use condoms.

Benefits

I understand that women may experience the following benefits from using the Pill/Patch/Ring:

- √ Decreased menstrual cramps
- √ Decreased menstrual bleeding
- √ Increased regularity of periods
- √ Decreased mid-menstrual cycle pain
- √ Less risk of pelvic inflammatory disease
- √ Improvement in acne (if any did exist)
- √ Less risk of cancer of the uterus or ovaries
- √ Less risk of benign breast tumors and ovarian cysts

Risks

The Pill, Patch and Ring are some of the most researched forms of birth control. Most studies confirm that they are very safe for healthy, young non-smoking women. However, each woman's ability to tolerate the Pill/Patch/Ring is individual and there are sometimes contraindications to using these products. I have been told to watch for the following danger signals and to return to The Student Health Center or make contact with another primary care provider *immediately* if one of the following problems occur:

CAUTION: A Abdominal pain (severe)
 C Chest pain (severe), shortness of breath
 H Headache (severe), dizziness, weakness or numbness
 E Eye problems (vision loss or blurring), speech problems
 S Severe leg pain (calf or thigh)

CONTRAINDICATIONS:
 Current or prior history of blood clots
 History of heart disease or stroke
 Breast cancer or other GYN cancer
 Liver disease or liver tumor/cancer
 Severe migraines

I am aware that while using hormonal contraceptives, I could have the following side effects, many of which can be temporary:

Potential major side effects (rare)

- √ Blood clotting in the legs or lung
- √ Gallbladder disease
- √ High blood pressure
- √ Liver tumors

Potential minor side effects

- √ Spotting between periods
- √ Increased breast tenderness or size
- √ Weight gain or loss
- √ Nausea

- √ Mood changes
- √ Dark spots on skin of face
- √ Worsening of acne
- √ Skin rash (adhesive on Patch)

I have been informed on the proper use of the Pill/Patch/Ring and understand that in order for the contraceptive method to be effective I must use it consistently and correctly. I have been told that I should use another method of birth control until I have had at least one regular period before attempting to become pregnant. I have also been informed that my periods will most likely return to their previous status when I stop using the Pill/Patch/Ring.

I have read all the above information and willingly choose the Pill, Patch or Ring for my birth control method. I have had all my questions regarding this and other available methods answered to my satisfaction.

Signature _____

Date: _____

Print Name: _____ Witness: _____