

Combined Contraceptive Pill Annual Review

Please complete this questionnaire and return to the Health Centre.

We will look at your responses.

If all is well we will continue to provide repeat prescriptions of your contraceptive pill.

If we do not feel that it is safe for you to continue we will contact you.

Date:

Patient name:

Patient DOB:

Patient address:

-When (roughly) did you start using the combined pill?

Smoking status: Never smoked..../ Given up smoking(date please)/

Current smoker(how many per day)

What is your current weight in kilos.....

What is your height in centimetres

Have you ever experienced severe migraine affecting your ability to see or move? Y/N

Have you, one of your parents, siblings or children ever suffered from DVT or PE? Y/N

Please have your BP taken at the pharmacy / by a family member / on our waiting room machine and write down the values here:

...../.....

Which pharmacy would you like this to go to and can they go electronically?

If you have any questions or concerns about your pill then book a GP appointment.

Reminder of what to do about missed pills:

If one pill is missed, anywhere in the pack, take the missed pill now. This may mean taking two pills in one day. You should take the rest of the pack as usual. No extra contraception is needed. You should have the seven-day break as normal. If two or more pills are missed anywhere in the pack, take the last missed pill now. This may mean taking two pills in one day. Any earlier missed pills should not be taken. You should take the rest of the pack as usual. You should also use extra precautions (ie use a condom or don't have sex) for the following seven days. You may need emergency contraception (the morning after pill or similar) if you have had unprotected sex in the previous seven days and have missed two or more pills in the first week of a pack. This also applies if you start your pack two or more days late. You should start the next pack of pills without a break, if there are fewer than seven pills left in the pack (after the missed pill).

If you are unsure what to do, or are unsure whether you have taken the pill correctly, use other forms of contraception (such as condoms) and seek advice using our triage system or econsult.

Note: if you are on the pills called Qlaira® or Zoely® this advice may not apply.