

## **INFORMED CHOICE for Contraception Containing Estrogen and Progesterone (Birth Control Pills (BCPS), Ortho Evra Patch, Nuva Ring)**

I have watched the SHC Family Planning Video & read the handouts describing various forms of contraception. I have had questions answered to my satisfaction. I have chosen to use a **hormonal contraceptive** containing **Estrogen and Progesterone** with full understanding and acceptance of the following:

- Hormonal contraceptives are not 100% effective.
- I must use them consistently, properly and with correct timing for them to function appropriately.
- **Some** medications (including some antibiotics & herbal preparations) **decrease the effectiveness** of hormonal contraceptives. I will discuss this with my provider whenever I begin a new medication or supplement.
- Ortho Evra exposes users to about 60% more estrogen over a month's cycle than do low-dose BCPs.
- Hormonal contraceptives do not prevent sexually transmitted infection & the concurrent use of latex condoms to reduce the risk of infection is recommended.
- The majority of women use hormonal contraceptives without serious difficulty, but some may experience **minor and/or serious** or life threatening **side effects**, such as:
  - Blood clots in the lungs, legs, brain; liver tumors, gall bladder disease
  - Worsening of diabetes, epilepsy, and estrogen dependent cancers
  - Headaches, moodiness, nausea, breast tenderness, weight gain
  - Chloasma--a possibly permanent spotty darkening of the skin of the face.
- **Cigarette smoking greatly increases the risk of serious side effects** such as stroke or heart attack.
- **Women with a history of any of the following should never use contraceptives containing estrogen.**
  - Heart attack, stroke or other cardiovascular disease, including angina (cardiac chest pain)
  - Thrombophlebitis, thromboembolic disorders (i.e. blood clots in legs or lungs, stroke)
  - Active liver disease; jaundice during pregnancy; jaundice on birth control pills
  - Known or suspected cancer of the breast; Benign or malignant liver tumor
  - Known or suspected estrogen dependent tumors.
  - Unexplained abnormal genital bleeding.
  - Known or suspected pregnancy.
- **Women with the following should** discuss risks with a healthcare provider & **consider other contraceptive options** before using contraceptives containing estrogen. If they are prescribed, the individual must take steps to reduce risk (quit smoking, weight loss, etc.) and focus on low dose preparations. Referral to a specialist or close monitoring may be required:
  - High blood pressure, high cholesterol &/or triglycerides; marked obesity; severe varicose veins
  - Epilepsy; migraine headaches--especially if worsened by the pill
  - Diabetes, gall bladder disease, sickle cell disease, chronic heart or kidney disease
  - Women over 35 who smoke and most women over 45. (Smoking is a general health hazard at any age.)
  - A strong family history of breast cancer, diabetes, etc.
- **I understand and accept that:**
  - The SHC is open M-F from 8 am to 4:30 pm & services may be limited or absent during the summer.
  - I will seek prompt medical attention & report side effects that might be related to contraceptives.
  - I will seek medical care from an off-campus provider at my own expense when the SHC is closed.
  - I will abstain from intercourse or use a back-up method such as condoms & foam if I have intercourse after missing a contraceptive dose, incorrect use, or if I take medications/herbs that interfere with effectiveness.

I release the Sonoma State University Student Health Center and staff from any liability for any condition that may result from my use or non-use of hormonal contraceptives including pregnancy.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_