

Family Planning Association of Chelan-Douglas County

CONSENT FOR PROGESTIN-ONLY HORMONAL BIRTH CONTROL

Birth control methods with only one hormone - progestin - come in many brands, doses and forms. All progestin-only birth control methods act the same way to prevent pregnancy. They mostly work by stopping the release of an egg from the woman's ovary. They also make vaginal mucous thick so it stops sperm from getting close to an egg. Progestin-only methods may be pills, shots, or tiny rods put just under the skin.

All the progestin-only birth control methods are very effective when used the right way every time. But, they don't prevent pregnancy 100% of the time.

I have been asked to read the fact sheet that comes with my method. The sheet gives details about how my method works, how well it works, its benefits, common side effects, and risks. Details of correct use have been explained to me. I have a plan as to how to use it.

I have been told of the actions, benefits, effectiveness, correct use, common minor side effects, risks, and alternatives to using this method, including not having sex or using no method at all.

I know I can stop using my method at any time without penalty. If I stop using my method and do not want to be pregnant, I should call the clinic to get help with some other birth control method.

I have been told that the shot version of progestin-only methods is long acting. My periods may not return for up to 6 months after my last shot. I may not be able to get pregnant for six months or more after stopping the shots. The shot can cause reduced bone strength, especially if used for more than 2 years. I should talk to clinic staff about my risks if I want to use the shot longer than two years.

I understand that these birth control methods are very safe to use for most women. Serious side effects are rare. Danger signs of these problems can include: sudden and severe headaches, sudden changes in vision, or sharp sudden pain in the leg, chest or stomach. I have been told to contact a doctor at a clinic or hospital emergency room at once if I have any of these signs.

I realize these birth control methods do not protect me from HIV or other sexually transmitted diseases (STD). Latex condoms, when used the right way every time, may protect me from HIV, the virus that causes AIDS. Correct use of latex condoms can also reduce the risk of other STD. I understand I need to use condoms PLUS my progestin-only birth control to protect me from STDs and HIV/AIDS.

I have had the chance to ask questions and have them answered during my clinic visit. I know how to contact a nurse or doctor at the clinic if I have questions. I have been given an after-hours phone number for emergency use.

I am getting a progestin-only birth control method at my own request today. I made this choice after getting facts about all birth control methods and talking about my decision with clinic staff.

My method of progestin-only birth control is: _____

- I have received the package fact sheet for my birth control method.
- I have been told of special long-term use safety measures for injectable progestin-only methods.
- I got basic advice on how to use my birth control method as well as a fact sheet and other advice in writing.
- I know I have to return to the clinic _____

Client's Signature: _____ Date: _____

Nurse/Provider Signature: _____ Date: _____

