



Forest Medical Group Annual Pill Check Review

Date Received

Thank you for completing this form. We are aiming to avoid the need for you to see a clinician in order to reissue your pill prescription. If you require the use of a scale or blood pressure machine they can be found in the waiting area – we are unable to issue a repeat prescription without up to date blood pressure and weight measurements. Once completed, please email the form to warrenlane.medicalcentre@nhs.net. If we have any problems with re-issuing your pill we will contact you otherwise we will generate a 12 month supply of the contraceptive pill. Please note, it will take **72 hours** to generate your prescription. If you are registered for electronic prescriptions we will send your prescription electronically to your nominated pharmacy.

PERSONAL DETAILS					
Full Name			Home Number		
			Work Number		
Address and Postcode			Mobile Number		
			Preferred Number		
Date of Birth			E-mail Address		
Height	Feet/inches	cm	Weight	Stones/lbs	kg
Blood Pressure Reading 1 (Please use the machine in the reception. Take 2 readings ,5 minutes apart)			Blood Pressure Reading 2		

REVIEW QUESTIONS	
Please complete the below questions. If you answer yes to any of the following questions, we may contact you to discuss further if required.	
Have you had any problems or concerns with the pill?	
Are you aware that the contraceptive pill does <i>NOT</i> protect you from sexually transmitted infections (STIs), so you will need to use a condom as well to protect yourself?	
Are you breast feeding?	If Yes age of child-
Do you suffer from migraines?	
Do you suffer from high blood pressure?	
Have you had a deep vein thrombosis (DVT) or pulmonary embolus (PE)?	
Do you have parents or siblings who have had a deep vein thrombosis (DVT) or pulmonary embolism (PE) under the age of 45?	
Do you have any blood clotting illnesses / abnormalities?	
Do you have or previously had breast cancer?	
Are you a breast cancer BRCA1/BRCA2 gene carrier?	
Have you had a change in bleeding pattern or new bleeding?	
Do you smoke?	Stop Date (MM/YY)
Have you been diagnosed with any new health conditions since we last issued you a prescription?	If Yes please state -
Are you taking any medication or supplements not prescribed by the surgery?	If Yes please state -
Are you aware of the alternatives such as long acting reversible contraceptives (LARCs)? (Please see page 3)	
Would you like to book a consultation with a clinician to discuss or arrange fitting of a long acting reversible contraceptive?	

It is important that you are aware of:	How the pill works	If you are not aware or if you require further information please click here or you can discuss further with a clinician I can confirm I understand the information Would you like to discuss this further with a clinician?	
	What to do if you miss a pill		
	That the contraceptive pill may not work if you have diarrhoea or vomiting		
	The risks of contraceptive pills		

Name of requested contraceptive pill:	
<i>I can confirm that the information provided is accurate and to the best of my knowledge. I have read and understood the information provided to me regarding contraception and the options in relation to long acting reversible contraception</i>	
Signature of patient:	Date:
For office use: Calculated BMI: Last pill review consultation with clinician (MM/YY): Outcome:	Signed: Role: Date:

*****Please remember your next cervical smear test, book in for an appointment if you are due***
(EVERY 3 years for women aged between 25-49 and EVERY 5 years for women aged between 50-64)
Please click [here](#) for further information.**

Please click on the name of LARCs below to open the relevant website for further information

LARCs→	Implants	Intrauterine system (IUS)	Intrauterine device (IUD)	Progesterone only injections
<i>What is it?</i>	A small, flexible rod inserted under the skin of your upper arm.	A small, T-shaped plastic device is placed into the uterus (womb)	A small plastic and copper device is placed into the uterus (womb)	An injection that slowly releases progestogen
<i>How does it work?</i>	It slowly releases the hormone progestogen. It stops ovulation, thickens cervical mucus to stop sperm reaching an egg and thins the lining of the uterus to prevent a fertilised egg implanting	The plastic device releases the hormone progestogen. This thins the lining of the uterus to prevent a fertilised egg implanting and thickens cervical mucus to prevent sperm reaching an egg	The copper prevents sperm from surviving and alters your cervical mucus to prevent sperm reaching an egg. An IUD may also stop a fertilised egg implanting in the uterus	It releases the hormone progestogen which stops ovulation, thickens cervical mucus to prevent sperm reaching an egg and thins the lining of the uterus to prevent a fertilised egg implanting
<i>How long does it last for?</i>	3 years	5 years.	5-10 years depending on type. If fitted after age 40, it can stay in place until after the menopause when contraception is no longer needed	Repeat injections every 8-12 weeks depending on type. The injection can't be removed from the body so any side effects may continue for as long as it works and for some afterwards
<i>Chances of getting pregnant?</i>	Over 99% effective once fitted. Less than 1 in 100 implant users will get pregnant in a year	Over 99% effective once fitted. Less than 1 in 100 IUS users will get pregnant in a year	Over 99% effective once fitted. Less than 1 in 100 IUD users will get pregnant in a year	Typical use, around 94% effective. 6 in 100 injection users will get pregnant in a year.
<i>Could it affect changes of getting pregnant in the future?</i>	Your fertility returns to normal as soon as the implant is removed.	Your fertility returns to normal as soon as the IUS is removed.	Your fertility returns to normal as soon as the IUD is removed.	Your periods and fertility may take up to one year to return after stopping the injection. It may take longer for some people.
<i>Affect on periods?</i>	Your periods may stop, be irregular or may last longer.	Your periods usually become lighter, shorter and often less painful. They may stop altogether.	Your periods may become heavier or longer or more painful.	Periods often stop but some women experience irregular or persistent bleeding.
<i>Unwanted effects?</i>	Acne, fluid retention, breast tenderness.	Risk of ectopic pregnancy is higher if a woman falls pregnant while using an IUS. Infection. Expulsion – IUS may come out.	Risk of ectopic pregnancy is higher if a woman falls pregnant while using a copper coil. Infection. Expulsion – IUD may come out.	May gain weight (2-3kg over a year) May cause thinning of the bones which is reversible on stopping.