

ADVANCED OBSTETRICS & GYNECOLOGY

“Comprehensive Healthcare for Women”

HORMONAL CONTRACEPTIVES CONSENT FORM

i.e. Pills, Patches and Vaginal Rings

1. Hormonal contraceptives (HC) are highly effective, safe and reversible birth control methods. It is important that you be fully informed of the risks and benefits of using HC.
2. HC have a 1% to 5% failure rate per year (1%-5% of women who use HC get pregnant each year). So long as you do not miss any pills, patches or vaginal rings, the effectiveness is very high. In comparison, barrier methods of birth control such as condoms have an approximately 10% failure rate.
3. Most studies do not indicate an increased risk of breast cancer with HC use. There are some studies that may indicate a slight increased risk among women who are using HC currently or who start them in their teenage years. The hormones actually protect women from ovarian cancer and uterine cancer.
4. HC do not provide protection from sexually transmitted diseases such as AIDS, herpes, Chlamydia, hepatitis or gonorrhea. It is recommended that condoms be used in addition to HC if you feel that you may be at risk for sexually transmitted diseases.
5. Other non-contraceptive benefits of HC include lighter periods and less cramping. Common conditions such as endometriosis and irregular periods are improved with HC. In addition, for women in their 40s, HC may be used to help minimize symptoms of impending menopause.
6. Minor symptoms associated with HC may be experienced by a number of women including nausea, bloating, breast tenderness and spotting between periods. Should these nuisance side effects last more than two to three months, please contact your physician to consider an alternative contraceptive choice.
7. Fewer than 1% of women suffer a serious complication while on HC. Possible risks include blood clots in the legs, gallbladder disease, high blood pressure and benign liver tumors. A rare but serious complication of HC use is Pulmonary Embolism, where a life-threatening blood clot forms in the lungs. If you have a family history of relatives who have had an abnormal blood clot, please inform your doctor so that you may be tested to be certain you have not inherited an abnormal clotting tendency. In addition, we no longer recommend the patch for HC, as the patch has been shown to increase the risk of blood clots more than other forms of HC.

8. HC may slightly increase the risk of stroke or heart attack, but this mostly is the case for women who smoke while using HC and are older than 35. Therefore, HC should not be used if you smoke and are older than 35. Furthermore, it will be safer for you to take HC if you stop smoking at any age. Women in their 40's who have significant risk factors for heart disease should not use HC.
9. For women who are overweight the risks of HC are greater, especially the risks of blood clots in the legs and pulmonary embolism. If you weigh more than 200 pounds, you should avoid birth control methods that contain estrogen in order to minimize those risks.
10. If you need to be immobilized in a leg cast or brace, it is recommended to temporarily discontinue hormonal contraception until you are fully weight bearing.
11. Regular visits with your physician are needed while taking HC to make sure you are not having any serious adverse effects. Please call the office promptly if you are having any symptoms that are of concern.

Patient's Printed Name

Patient's Signature

Date