**Patient Instructions for Quick Start and Contraception Methods**

**Quick start directions:**

Today you could start your new birth control method today because your pregnancy test was negative. In two weeks you should have a repeat pregnancy test. You can either come back to our office to have one done or complete one at home. If you do a home pregnancy test and it is positive call us right away.

Your new birth control will not protect you from becoming pregnant until 7 days from now. If you have sex during the next 7 days you must use condoms. If you do not use condoms or if the condom breaks you must use Plan B as soon as possible. We have e-mailed a prescription of Plan B to your pharmacy. In the next 7 days if you need to take Plan B, you should repeat a pregnancy test two weeks after you took it.

After you get home if you remember you had sex in the past 72 hours (3 days), you should pick up the Plan B prescription and take as soon as possible. If you remember you had sex 4 to 5 days ago (more than 72 hours; less than 120 hours) call us and we can e-mail a prescription for Ella.

**Pill AVS Instructions:**

**Congratulations! You have been prescribed the birth control pill and can start today! Here's what you do:**

Please pick up your prescription and start your pills today.

Please take your pills the same time every day.  We find taking in the evening between dinner and bedtime is best for teens and young adults. If you have a difficult time remembering set your phone alarm.

**Missed Pills:**

If you miss 1 pill, take the missed pill as soon you remember and then take the next pill at your regular time. If you are sexually active you should use a backup method for 7days.

If you miss 2 pills in a row, you will catch up over the next 2 days. Take one pill as soon as you remember you missed the pills, take the next pill at your regular time or 6-12 hours later if you take the pill within a few hours of your usual pill time. The next day you should take a pill in the morning and one in the evening. The third day you will take just one pill at your usual time of day.

If you miss 3 pills in a row, you may get a period. You should throw away the pack and start a next pack. If you are sexually active you will need to use backup method for 7days. If your missed pills are from the last 7 days of 28 day pack, throw missed pills away and continue on schedule.

**Side Effects:**

Patients who take estrogen containing medications are at increased risk of developing blood clots. If you experience any signs of blood clots: severe abdominal pain, chest pain, headache, eye/ vision changes and swelling/pain of your legs and arms; you should go to the emergency room for evaluation. Smoking also increases your risk of developing blood clots.

If you have new onset headaches after starting the pill please call our office.

Remember abstinence is the only 100% method of preventing pregnancy and that OCPs are greater than 90% effective when used appropriately. They do not protect against STIs. So you should use condoms to provide dual protection against pregnancy and reduction of STIs risk.

.

**NuvaRing AVS Instructions:**

Congratulations on choosing NuvaRing as your birth control method.

1. You may start using your NuvaRing today. You will place it in your vagina and keep it there for 21 days.

1. After 21 days you should remove it and throw it out. You will then have a “ring-free-week” lasting 7 days, you will have your period during this week.
2. A new NuvaRing is placed after the “ring-free” week.
3. If you have a hard time placing the NuvaRing using your hand, try placing the ring into an empty tampon applicator and use the applicator as if you were placing a tampon.

**Side Effects:**

1. Birth control methods that use estrogen increase the risk of developing blood clots. If you experience abdominal pain, chest pain, shortness of breath, headache, eye/vision changes and swelling/pain to your legs or arms; you should go immediately to the Emergency room to be evaluated for a blood clot.
2. If you develop a new onset chronic headache please call our office.
3. Abstinence is the only 100% method of preventing pregnancy. The NuvaRing is greater than 90 effective at preventing pregnancy but does not protect against sexually transmitted infections. Remember to use condoms for dual protection against pregnancy and reduction of sexually transmitted infections.
4. Please make an appointment to return in 6 to 12 weeks for a BP check.

**If your Nuvaring falls out before your “ring-free” week the amount of time it is out of your vagina determines what you should do:**

If the Nuvaring is out **less than 48 hours:** Re-insert the same ring. Keep your scheduled removal day. If this happened during the first 7 days after you inserted the ring, you should use Plan B if you had unprotected sex.

If the Nuvaring is out **more than 48 hours:** Re-insert the same ring. Keep your scheduled removal day. You will need to use back up contraception (condoms) for the first 7 days that the ring is back inside your vagina. If it is the 3rd week (last week the ring is to be inside you) you should skip your “ring-free” week and insert your next/new Nuvaring.

**Patch AVS Instructions:**

Congratulations on choosing the Ortho Evra patch as your birth control method. It is a birth control method that uses estrogen-progestins.

1. You may start using your patch today. Each cycle you will use 3 patches (each will be worn for 7 days) and have 1 patch “free week” when you do not wear a patch. During your patch “free week” is when you will experience your period. Mark your calendar so you remember which day of the week is your change day.
2. Each patch is good for 7 days. After 7 days the old patch is to be removed and a new patch is to be placed on a new area of your body. Patches may be placed on the skin of either your stomach, buttocks, upper back or the outside part of your upper arm. **Patches are never to be placed on your breast tissue.**

**Side Effects to watch for**

1. Birth control methods that use estrogen increase the risk of developing blood clots. If you experience abdominal pain, chest pain, shortness of breath, headache, eye/vision changes and/or swelling/pain to your legs or arms; you should go immediately to the Emergency room to be evaluated for a blood clot.
2. If you develop new onset chronic headache please call the office.
3. Abstinence is the only 100% method of preventing pregnancy. Ortho Evra patch is greater than 90 effective at preventing pregnancy but does not protect against sexually transmitted infections. Remember to use condoms for dual protection against pregnancy and reduction of sexually transmitted infections.
4. Please make an appointment to follow up in 6 to 12 weeks for a BP check.

**If your patch falls off the amount of time it is off determines what you do:**

If your patch is off **less than 24 hours**: try to re-apply the same patch. You should keep the same change day and you will not need to use back up contraception. If it was your first patch of your 3 week cycle of patches, you should use emergency contraception if you had unprotected sex.

If your patch is off more than **24 hours and less than 48 hours**: You should apply a new patch. You should keep the same change day, and you will not need to use back up contraception. If it was your first patch of your 3 week cycle of patches, you should use emergency contraception if you had unprotected sex.

If your patch was off **more than 48 hours**: You should apply a new patch. You will need to use a back up method (condoms) for 7 days. You will continue to keep the same change day. If the patch that fell off was the 3rd patch of your cycle, you should skip your “free week” and put on a new patch.

:

**Depo Provera AVS Instructions:**

Patients who take Depo-provera may experience weight gain, mood changes and hair loss. It is very common for patients to spot

Using Depo-provera makes it more difficult for calcium to be absorbed by your bones. It is very important that you get enough calcium and Vitamin D each day. You will need to have 3-4 dairy servings per day. If you do not eat dairy products you should take a calcium supplement.

Please review CHW Calcium and Vitamin D handout. You should take in 1300 mg of calcium and 1,000 IU of vitamin D each day. If you do not get enough from your diet please use calcium supplements to get your daily amount.

Abstinence is the only 100% method of preventing pregnancy. Depo Provera is greater than 99% effective at preventing pregnancy when used appropriately; however it does not protect against STIs.

If you are sexually active condoms should be used to provide you with dual protection against pregnancy and reduction of STIs risk.

She was instructed to return for her next injection in 10-12 weeks, between \*\*\*\*

**Nexplanon AVS Instructions :**

Congratulations on choosing Nexplanon as your birth control method. It is a birth control method that uses a progestin implant. As long as the implant is in your arm it will provide protection for 3 years.

1. Remember you will have changes in your menstrual bleeding pattern. Your bleeding will likely be irregular. You will have some vaginal bleeding. How much and when will be difficult to tell.
2. Many women who have Nexplanon keep light day panty liners with them so when they experience bleeding they are prepared.
3. Bleeding does become less over time and by 6 to 8 months after insertion you should have lighter and less frequent bleeding
4. At any time if the vaginal bleeding becomes cumbersome or you are soaking soaking through 7 pads or tampons a day, please call the clinic.

**Post Insertion Instructions:**

Be careful not to bump the arm where the Nexplanon was placed.

Keep the pressure dressing in place for 24 hours.

Keep the site clean and dry for 48 hours to avoid infection

Keep the steri-strips on for 4 days. If they come off, place a band aid over the site.

Please call the clinic for any signs of increasing redness, swelling, pain, oozing or discharge at the insertion site.

Please return to clinic in \*\*\*\* weeks.