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 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: ____________ 12/05 38198