

Your Information

Having some key information to hand before you go into your contraception consultation will help move the conversation along quicker and give you more time to discuss the contraceptive options that you and your healthcare professional decide might be best for you.

While it's not essential that you have all of this information available at the point of your consultation, you may wish to use this sheet to record as many of the following details as you know.



Talk Contraception

Enabling meaningful conversations
with your healthcare professional

Height:

Weight:

Blood Pressure:

To help understand your possible risk of STIs, details of when you last had a change in sexual partner:

Any medication you take – including any current contraception (you can take along pictures of the boxes for easy reference)

Your medical history and any relevant family medical history:

Questions you may want to ask your healthcare professional:

- What choices are there and what are the differences?
- Might the contraception affect my moods / weight / skin / periods?
- Is there anything in my medical or family history that I need to consider with choosing my contraception?
- Do any of my current medications impact my contraception choices?
- How soon after starting this contraception will I be protected from pregnancy?
- My partner and I want to start a family in the next year. which contraception is more suitable?
- What are my contraception choices while breastfeeding?