



BACK TO CAMPUS

Birth Control Choice Checklist

UNDERSTAND OPTIONS

- ☐ Research all options: pill, patch, ring, injection, implant, hormonal IUD, copper IUD, condoms, diaphragm.
- ☐ Review the difference between hormonal and non-hormonal methods.
- ☐ Identify which options are long-acting and which require daily or regular use.

REVIEW HEALTH HISTORY

- ☐ Discuss personal/family health history with a healthcare provider, and review medications for potential interactions.
- ☐ Identify risk factors for blood clots (e.g., family history, genetic clotting, migraine with aura, smoking, obesity).
- ☐ Discuss mental health concerns that may be affected by hormonal birth control.

ASK QUESTIONS

- ☐ What are the pros and cons of each option for me?
- ☐ Are there any methods I should avoid based on my health?
- ☐ What side effects should I watch for and report to my healthcare provider?
- ☐ How effective is this method when used as directed?

LIFESTYLE CONSIDERATIONS

- ☐ How important is convenience (daily pill vs. long-acting method)?
- ☐ Do I want something that is private and discreet?
- ☐ Am I okay with regular clinic visits for refills or injections?

COVERAGE AND ACCESS

- ☐ Review the services offered by the student health center.
- ☐ Check personal insurance or campus health plan for coverage.
- ☐ Identify emergency contraception options as a back-up plan, if needed.

MAKE A FOLLOW-UP PLAN

- ☐ Schedule a check-in appointment with a healthcare provider within the first year of starting birth control.
- ☐ Know the warning signs of a blood clot (e.g., leg pain/swelling, sudden shortness of breath, chest pain).
- ☐ See a healthcare provider asap if new symptoms or side effects occur.