



# 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.

