

QUESTIONS TO DISCUSS

with Your Healthcare Professional

WHEN CONSIDERING YOUR

BIRTH CONTROL OPTIONS



FINDING THE RIGHT OPTION FOR YOU



SAFETY, RISKS & CLOTTING AWARENESS



EFFECTIVENESS & SIDE EFFECTS

- 1 How can I determine which birth control method may be the best fit for my health needs and lifestyle?
- 2 How might hormonal birth control affect my body, overall health, or well-being?
- 3 How might my personal health history or family medical history influence my birth control choices?
- 4 Are there nonhormonal birth control options that may also be appropriate for me?
- 5 Could the hormonal birth control method I am considering increase my risk for blood clots?
- 6 Should I be evaluated or tested for any clotting conditions or risk factors before starting hormonal birth control?
- 7 Are certain hormones or birth control formulations considered safer for some women than others?
- 8 Are there birth control pills with lower doses of estrogen that may reduce clotting risk?
- 9 What symptoms of a possible blood clot should I know and seek medical attention for?
- 10 Could any medications, supplements, or health conditions affect how well my birth control works?
- 11 What side effects or warning signs should I watch for while using hormonal birth control?
- 12 How often should my birth control method or health risks be reevaluated over time?
- 13 What questions should I ask if I am considering switching from one birth control method to another?
- 14 How can I make sure I am making an informed decision that reflects my personal health needs and preferences?

Notes: _____

