

Tennessee Pharmacist-Provided Hormonal Contraceptives Fact Sheet for Patient

Birth control does not protect against HIV or other sexually transmitted infections.
It is important to follow up with your women's health care provider annually for health screenings.
This handout is not intended to replace counseling that will be provided to you by your pharmacist.

Method and Effectiveness	Uses	How to Use	Talk to Your Pharmacist or Doctor If	Side Effects
The Shot  94% Effective	• Birth control	• Get a shot every 3 months	• You have a history of blood clots. • You currently smoke, especially if you are 35 years or older. • You or a family member has had breast or cervical cancer. • You have liver disease or cancer • You're pregnant or breastfeeding.	• May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive • May cause a delay in getting pregnant after you stop the shots • Side effects may last up to 6 months after you stop the shots • Does not protect against HIV or other STIs
The Pill  91% Effective	• Birth control • Acne • Hormone replacement • Painful menstrual cycle and emotional instability	• Must take the pill daily	• You have a history of blood clots. • You have a history of coronary artery disease, migraines with aura, valvular heart disease, high blood pressure or blood clotting problems. • You have liver disease or cancer • You currently smoke, especially if you are 35 years or older. • You or a family member has had breast or cervical cancer. • You're pregnant or breastfeeding.	• May cause nausea, weight gain, headaches, change in sex drive , change in period cycle – some of these can be relieved by changing to a new brand • May cause spotting the first 1-2 months • Less common but serious risks include blood clots, heart attack, high blood pressure, and stroke • Does not protect against HIV or other STIs

References:

1. Your Birth Control Choices Fact Sheet. Reproductive Health Access Project website. <http://www.reproductiveaccess.org/resource/birth-control-choices-fact-sheet/>. Accessed October 3rd , 2019.
2. Types of Birth Control. The Office of Women's Health website. https://www.girlshealth.gov/body/sexuality/bc_types.html. Accessed October 3rd , 2019.
- 3.Curtis KM, Jatlaoui TC, Tepper NK, et al. U.S. medical eligibility criteria for contraceptive use, 2016. MMWR. 2016; 65: (No. RR-3)

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Progestin-Only Pills  91% Effective	• Birth control • Abnormal uterine bleeding	• Must take the pill daily	• You have a history of blood clots. • You have liver disease or cancer. • You have or have had breast cancer. • You're pregnant or breastfeeding.	• Often causes spotting, which may last for many months • May cause depression, weight gain, sore breast, headache, nausea, hair or skin changes, change in sex drive • Does not protect against HIV or other STIs
The Patch  91% Effective	• Birth control	• Apply a new patch once a week for three weeks • No patch in week 4	• You have a history of blood clots. • You have liver disease or cancer • You currently smoke, especially if you are 35 years or older. • You have a history of coronary artery disease, migraines with aura, valvular heart disease, high blood pressure or blood clotting problems. • You or a family member has had breast or cervical cancer. • You're pregnant or breastfeeding.	• Can irritate skin under the patch • May cause an upset stomach, change in period cycle, sore breasts, headaches, weight gain, high blood pressure • May cause spotting the first 1-2 months • Less common but serious risks include blood clots, stroke, and heart attack • Does not protect against HIV or other STIs
The Ring  91% Effective	• Birth control	• Insert a small ring into the vagina • Change ring each month	• You have a history of blood clots. • You have liver disease or cancer • You currently smoke, especially if you are 35 years or older. • You or a family member has had breast or cervical cancer. • You're pregnant or breastfeeding.	• Can increase vaginal discharge and irritation • May cause change in period, high blood pressure • May cause spotting the first 1-2 months of use • Less common but serious risks include blood clots, stroke, and heart attack • Does not protect against HIV or other STIs

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1. Your Birth Control Choices Fact Sheet. Reproductive Health Access Project website. <http://www.reproductiveaccess.org/resource/birth-control-choices-fact-sheet/>. Accessed October 3rd, 2019.
2. Types of Birth Control. The Office of Women's Health website. https://www.girlshealth.gov/body/sexuality/bc_types.html. Accessed October 3rd, 2019.
3. Curtis KM, Jatlaoui TC, Tepper NK, et al. U.S. medical eligibility criteria for contraceptive use, 2016. MMWR. 2016; 65: (No. RR-3)