



NORTH DAKOTA DEPARTMENT OF HEALTH
Family Planning Program

CONSENT FOR MINIPILL (Progestin-only)

Name _____ Chart No. _____

I choose the minipill oral contraceptive for my method of birth control. I understand that the minipill is about 92 percent to 99 percent effective if taken correctly and each day.

BENEFITS:

- * No estrogen effects
- * Shorter periods with lighter flow
- * Fewer menstrual cramps
- * Fewer PMS symptoms
- * Less pelvic inflammatory disease
- * Less endometrial cancer
- * May be used if breastfeeding

RISKS/SIDE EFFECTS: I understand that I may have the following side effects:

- * Menstrual cycle changes
- * Nausea
- * Mood changes
- * Occasional spotting and/or no period
- * Headaches

I understand I should not take the minipill if:

- * There is a chance I am pregnant.
- * I have breast cancer.
- * I have abnormal or unexplained vaginal bleeding that has not been diagnosed.
- * I have been taking certain drugs for tuberculosis or seizures.
- * I have liver tumors or liver disease.
- * I have ever had an allergic reaction to any of the components of this medication.

ALTERNATIVES:

I understand and have received written information about the other methods of birth control that I could use, and I choose the minipill. For situations of suspected contraception failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS:

I understand how to use the minipill and how it differs from other birth control pills.

I understand that this does not protect me against STIs (sexually transmitted infections) and HIV.

I received information about the progestin-only (minipill) pills, and I will read it. I understand if I take my pill late, even three hours, I risk becoming pregnant.

DECISION TO STOP:

I have the right to stop taking birth control pills at any time. I understand a woman is most likely to become pregnant if she or her partner does not use a method of birth control.

QUESTIONS:

I had the chance to ask questions about birth control pills and may contact the clinic with further questions.

Client signature

Date

Family Planning Staff Witness

Date

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INSTRUCTIONS FOR USING PROGESTIN-ONLY ORAL CONTRACEPTION

1. Have a backup method of birth control (such as foam, condoms or emergency contraception) on hand. A backup method is needed:
 - * While you are waiting to start the pills.
 - * Your first seven days on the pills.
 - * If you miss a pill by more than three hours from regular time (use a backup method for 48 hours).
2. There are three satisfactory ways to start taking your minipills. You should use the approach your medical provider suggests.
 - * Start the first day of your menstrual period.
 - * Start today if you are certain you aren't pregnant, using a backup method every time you have sex during the next 48 hours.
 - * If you have a miscarriage or abortion, you can start the minipill the next day.
3. Take a pill every day at the same time. When you finish one pack of pills start on a new pack the next day.
4. Take your pills with an established habit such as brushing your teeth or eating a meal. This may help you remember to take your pill every day.
5. If you are more than three hours late or you miss one minipill, take the missed pill as soon as you remember. Then go back to taking your pills at the regular time, but be sure to use a backup method every time you have sex for the next 48 hours.
6. If you miss two or more pills, there is a good chance you could become pregnant. Start using your backup method of birth control immediately. If you forget two pills, take two at once and two the next day.
7. Start the next pack the day after the last pack is finished. There is no break between packs. Always have your next pack of pills ready.
8. Keep track of your periods. If you have more than 45 days without a period, notify the clinic or your provider.
9. You may have some bleeding or spotting between periods but continue taking your pills. If the bleeding is heavy or if you have cramps, pain or a fever, see your health-care provider. Bleeding is common during the first few months you are on the minipills. **MISSED PERIODS ARE ALSO COMMON WITH THE MINI PILL.**
10. Your period may become irregular.
11. If you are ill or have vomiting or diarrhea, use your backup method of birth control along with your minipills for 48 hours after your illness is over. Your illness or any medication you might take may interfere with the effectiveness of the pill. Inform your doctor that you are on the pill.
12. Notify your health-care provider if you have severe lower abdominal pain while on the minipill. Abdominal pain could be a cyst or ectopic (tubal) pregnancy. Don't stop taking your pills, but contact your clinic right away.
13. If you notice any mood changes -- depression, irritability, change in sex drive -- call the clinic.
14. Be sure to read all the information you have received about the minipill.