**PLEASE COMPLETE ALL QUESTIONS**

**INCOMPLETE FORMS WILL NOT BE PROCESSED**

|  |  |  |  |
| --- | --- | --- | --- |
| Full name |  | Date of birth |  |
| Contact number |  | Consent to SMS | YES/NO |
| If yes, name of contraceptive required: | How long have you got of your supply? |
| Requests can take 2 to 4 weeks to process. We recommend you request when you start your last packet from your previous prescription, more urgent requests should also be completed on this form but we cannot guarantee a quick turnaround. Many local chemists can also now issue contraception. Please telephone them to make an appointment. |
| Are you aware of long acting contraception? For example Implants and coils. Please see [Home | Contraception Choices](https://www.contraceptionchoices.org/) for more information or speak to a GP. |

**Please take two blood pressure readings at least 5 minutes apart (mandatory information):**

|  |  |
| --- | --- |
|  Date | BP Reading (e.g. 120/80) |
| 1. |  |  |
| 2. |  |  |

**Please provide your current height and weight (mandatory information):**

|  |  |  |  |
| --- | --- | --- | --- |
| Weight |  **kg** | Height |  **cm** |

**Please record your smoking status (mandatory information):**

|  |  |  |  |
| --- | --- | --- | --- |
| Never smoked |  | Ex-smoker |  |
| Smoker |  | What + how much? |  |

If you are interested in support to help you to stop smoking please contact the Smokestop Service: [www.livewelldorset.co.uk](http://www.livewelldorset.co.uk) or call 0800 840 1628

**General Health Questions (mandatory information):**

|  |
| --- |
| Any problems with your contraceptive pill or patch? If yes, please explain |
| Do you have regular headaches?  | **YES/NO** |
| If yes, how often per month? |  |
| Do you think they are migraines? | **YES/NO** |
| Are you having any problems missing pills? | **YES/NO** |
| Are you aware that diarrhoea or vomiting can stop the pill from working? Please see link:[What to do if you’re sick or have diarrhoea when taking the combined pill - NHS](https://www.nhs.uk/contraception/methods-of-contraception/combined-pill/sickness-or-diarrhoea/) | **YES/NO** |
| Are you aware that weight loss medication can stop the pill from working?[FSRH statement: Glucagon-like peptide-1 (GLP-1) agonists and oral contraception (Feb 2025) | FSRH](https://www.fsrh.org/Public/Documents/FSRH-statement-Glucagon-like-peptide-1-agonists-and-oral-contraception-Feb-2025.aspx) | **YES/NO** |
| Has there been anyone in your family with a history of blood clot or deep vein thrombosis? | **YES/NO** |
| Do you have problems with periods such as: Too heavy? **YES/NO**  Bleeding between periods? **YES/NO**  |
|  Bleeding after intercourse? **YES/NO** |
| Any comments? |

If you are planning a pregnancy in future, please see the attached link about folic acid supplements and purchase a supply from your local chemist to start before you stop your contraceptive*:* [Pregnancy, breastfeeding and fertility while taking folic acid - NHS](https://www.nhs.uk/medicines/folic-acid/pregnancy-breastfeeding-and-fertility-while-taking-folic-acid/)