

Contraception LARC Discussion Flow

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Contraception needs

- Are they sexually active?
- Do they have any plans to get pregnant?
- How important is it for them NOT to get pregnant right now?
- What is their experience with their previous/current contraception?
- What current method of contraception do they use, if any?
- What do they look for when it comes to choosing contraception? Not getting pregnant? As well as minimising problematic periods?

H


How to decide, what's available

- Discuss differences in contraception choices
- Establish knowledge around contraception
- Discuss typical and perfect use
- Discuss benefits with LARC, addressing any myths and misconceptions they may have, and possible adverse events
- Discuss contraindications, special warnings, and precautions

O


Observational questioning

- How busy would they say their life is?
- Example questions:**
- When is the last time your phone died because you forgot to charge it?
 - When's the last time you handed your assignments in late?
 - Have you ever required emergency contraception?
 - Have you ever missed an appointment for your current contraception?
 - How many times do you go to the supermarket and forget the one thing you were meant to get?
 - How long have you driven around without screen wash?
 - Have you ever run out of petrol?
 - Have you ever missed a dentist appointment?

I


Inform and advise

- Expand benefits for appropriate patients: efficacy, reversibility, fit and forget
- Simplicity of procedure
- Every 3, 5, or 10 years depending on LARC choice
- Discuss possible adverse events and any concerns they have
- Gain consent and agreement for LARC

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Concerns and reassurance

- Have appropriate conversation around side effects, dispelling myths and misconceptions
- Share knowledge and clinical experience
- Experience e.g. more patients are opting for LARC methods, and reasons
- Show patient example of LARC (palpater/IUS)

E


Establish where and who to fit

- Decide where the patient wants their implant/IUS/IUD fitted.
- Book the appointment there and then
- Remember to set realistic expectations about what to expect following insertion of implant/IUS/IUD
- Counsel patient around bleeding changes
- In the event of any side effects, patients should speak to their doctor, pharmacist, or nurse

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Organon Pharma (UK) Limited. (Tel: 02081 593593). By visiting the above link you will be taken to the MHRA website.