

Birth Control Questionnaire



Below is a list of questions that may help your healthcare professional understand the level of familiarity you have with different types of birth control options. Your answers to these questions may also help your healthcare professional focus the conversation on which options may be right for you.

Name: _____ Date: _____

1. Are you planning to get pregnant within the next year?

- Yes No Not sure

2. Are you using any non-prescription contraceptive methods?

- Yes No

3. How comfortable do you feel initiating the conversation with your healthcare professional about birth control?

- Very comfortable Somewhat comfortable Neutral Not at all comfortable

4. How important is using birth control to you?

- Very important Somewhat important Not important Not sure

5. How interested are you in daily birth control options?

- Very interested Somewhat interested Not interested Not sure

6. How interested are you in non-daily birth control options?

- Very interested Somewhat interested Not interested Not sure

7. How many times have you used emergency contraception in the past year?

- 0 1 2-3 4 or more

8. How satisfied are you with your current method of birth control?

- Very satisfied Somewhat satisfied Neutral Not at all satisfied

9. Please indicate how familiar you are with the following prescription birth control options:

	Very familiar	Somewhat familiar	Not at all familiar
Implant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Injection/shot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
IUD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pill	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. What are the 3 most important things about birth control to you?

- How effective it is at preventing pregnancy Helps manage bleeding
- Is discreet and can be kept private Side effects
- Ease of use How much it costs
- Ease of access Other

+ Optional Section on Weight Management History

Some treatments for weight management may impact the effectiveness of certain birth control methods.^{1,2} Please check all that apply:

- I have had bariatric surgery (eg, gastric sleeve, gastric bypass) I have used other prescription, compounded, or over-the-counter medications for weight management
- I currently use or have used a GIP/GLP-1 dual agonist, such as Mounjaro[®] (tirzepatide)^a and Zepbound[®] (tirzepatide) Other

GIP = gastric inhibitory polypeptide; GLP-1 = glucagon-like peptide 1; IUD = intrauterine device.

^aTirzepatide may reduce efficacy of oral hormonal contraceptives due to delayed gastric emptying. Delay is largest after first dose and diminishes over time. These interactions have not been thoroughly evaluated.^{1,2}

References: 1. Zwayne N, Lyman E, Ebersole A, Morse J. Society of Family Planning Committee statement: contraception and body weight. *Contraception*. 2025;141:110725. doi:10.1016/j.contraception.2024.110725 2. Couldwell M, Tidwell AJ, Taylor AE. Effect of GLP1 agonists on reproduction. *J Clin Endocrinol Metab*. 2025;110(11):3009-3024. doi:10.1210/clinem/dgaf401