



Getting started with contraception services

Step 1 Ensure privacy and confidentiality.

Step 2 Complete patient assessment ([Patient assessment form](#)).

Patient demographics, medical history, menstrual history, social history, possibility of pregnancy, future pregnancy intention, contraceptive experiences, preferences. Blood pressure check. Refer if long-acting reversible contraceptives are selected or any contraindications exist.

Step 3 Collaborate with patient to select the most appropriate method based on assessment.

Provide all options that can be used safely, discuss possible side effects and appropriate use of the options provided ([Important factors to consider](#)), discuss dual-method (hormonal + barrier) use based on planned start date ([Contraceptive start methods](#)).

Step 4 Screen for drug interactions.

If combined hormonal contraception is an option, check for clinically significant drug interactions.

Step 5 Provide the method selected by patient.

Counsel on correct use and confirm understanding. Set up follow-up plan and possible start date ([Contraceptive start methods](#)) and suggest setting up a phone reminder to improve adherence. The follow-up plan should include subsequent blood pressure checks and refills if necessary.

Step 6 Document and notify.

Document and keep a record of all patient visits and notify all health-care providers.