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**Request for Contraceptive Pill Repeat Request Form**

Please ensure you fully complete each question, any missing information may result in delays in issuing your prescription. Please allow 5 working days for your prescription to reach your nominated pharmacy. If there are any problems you will be contacted on the number you provide below.

|  |  |  |  |
| --- | --- | --- | --- |
| Full Name  |  | Date of Birth |  |
| Name of Pill |  | Mobile No. |  |
| Height (cm) |  | Weight (kg) |  | Blood Pressure |  / |

|  |  |
| --- | --- |
| **Please answer YES or NO to each of the questions below** | **YES/NO** |
| Are you experiencing any side-effects or problems with your pill? |  |
| Are you having problems remembering to take your pill? |  |
| Are you over 40? |  |
| Do you smoke? |  |
|  *If yes, would you like to be referred to a smoking cessation clinic?\** |  |
| Have you ever suffered with migraines? |  |
|  *If yes, do you suffer with aura? (visual disturbance, numbness, tingling, dizziness)*  |  |
| Have you ever had a DVT or PE (blood clot)? |  |
| Have you ever had breast cancer? |  |
| Are you taking medication for epilepsy? |  |

\*Smoking is very damaging to your health and we recommend that you seriously consider stopping. You can also visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) for more information and support.

**Long acting reversible contraception options (implant, coil, injection) are also available.**

* The implant is a flexible tube containing progesterone which is inserted under the skin of the arm using a local anaesthetic and provides 3 years contraceptive cover.
* There are two types of coil, a plastic device containing progesterone hormone or a non-hormonal copper device, which both provide 5 years contraceptive cover.
* Injections are progesterone hormone given every 12 weeks by a practice nurse.

If you are experiencing problems with your pill and would like to consider switching to a different form of contraception, please book an appointment with our contraceptive nurse or GP.

For information about the pill you are taking, or for information about long acting reversible contraception choices, please visit [www.sexwise.org.uk/contraception](https://www.sexwise.org.uk/contraception)

For information about sexual health and local sexual health services you can visit www.nhft.nhs.uk/sexual-health