

## Patient information Sheet: Online Contraception Service

Thank you for using the CNWL Sexual Health Online Contraception Service.

If you have been prescribed for 12 months, your pharmacist should be able to provide you with a 12-month supply. If they do not have the full amount in stock they should be able to provide the stock they have and also an owing slip and indicate when you can come back to collect the remainder. So please make sure you collect the remainder from the same pharmacy

Please note:

- This medication is for your own personal use and should not be shared with anyone else.
- The pills supplied may have a different brand name but are equivalent to the pills you requested
- Vaginal Ring Nuvaring needs to be used within 4 months of dispensing.
- You should seek further medical advice before or whilst using this contraceptive if since completing the online medical assessment:
  - There is a risk that you may be pregnant
  - Your medical condition changes or you develop new medical problems including migraine.
  - You have been prescribed other medicines.
  - You or your immediate family develop any new medical conditions especially heart problems, stroke or thrombosis.
- Some herbal preparations, such as St John's Wort, can stop your contraceptive from working
- Please see overleaf for details of the risk of thrombosis / blood clots with combined hormonal contraceptive methods

Further information is on the manufacturer's leaflet that comes with the medication and at:  
[Home | Contraception Choices](#)

For more information on our services including contraception, testing for sexually transmitted infections or to purchase condoms please visit:  
[www.sexualhealth.cnwl.nhs.uk](http://www.sexualhealth.cnwl.nhs.uk)



## Information on the risk of thrombosis/blood clots with Combined Hormonal Contraception (CHC)

CHC contains an estrogen paired with a progestogen in different formulations.

The information below applies to combined hormonal oral contraceptive pills, the contraceptive patch and the vaginal ring.

[It does not apply to progestogen-only pills (POP) as they do not alter the risk of thrombosis]

Please read the information leaflet in the packet for details of risks and benefits of your contraceptive. Broadly all the risks are small and similar for all combined hormonal contraceptives.

**However, the risk of the rare illness called thrombosis or blood clot varies slightly dependent on which type of combined hormonal contraceptive you are taking.** This information is detailed below for your information. After reading this it is fine to decide to continue with your current CHC method but if you want to discuss changing your CHC type please make an appointment with one of our doctors or nurses to discuss this.

### Risks of thrombosis between combined hormonal contraceptives:

The table below shows the estimated risks of developing a venous thromboembolism (VTE) in a year according to type of combined hormonal contraception (CHC) used

Type of CHC used	Risk of developing a VTE in a year (incidence in 10 000 individuals)
Those not using CHC and not pregnant	~2
Those using CHC containing levonorgestrel, norethisterone or norgestimate	~5–7
Those using CHC containing etonogestrel or norelgestromin	~6–12
Those using CHC containing drospirenone, gestodene or desogestrel	~9–12