

Patient ID

## Patient Information Leaflet Quick Starting Contraception

You have chosen to start a method of contraception before your next period starts.

Your new method is.....

Two things to consider:

### 1. Using additional contraception

Because your new method will not work straight away, you will need to also use condoms or avoid sex for .....days until your new method becomes fully effective.

### 2. Excluding pregnancy

We recommend you perform a pregnancy test in..... weeks, on or after.....

This is because there may be a small risk that you already have an early pregnancy (that is too early to be detected by a pregnancy test today).

Once you have quick-started your new method of contraception your bleeding pattern is not a reliable indicator of pregnancy. If the pregnancy test is positive there is a theoretical risk that your pregnancy could be affected by exposure to the hormones in your contraceptive; however, most evidence indicates no harm.

If you have further questions please contact us on: 020 3317 5252