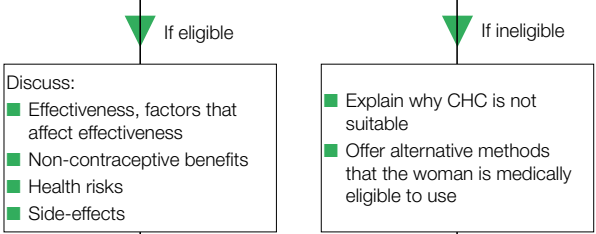


Assessing suitability of CHC for individual woman

- Assessment of medical eligibility
- Assessment of medical history and lifestyle factors (UKMEC)
- Measurements and tests—blood pressure and body mass index (BMI) should be documented
- Assessment of factors that could affect contraceptive effectiveness

Choosing CHC or an alternative method



Discuss/offer appropriate alternative methods (including LARC)

Woman chooses alternative method

Choosing type of CHC

Combined oral contraception (COC)	Combined transdermal patch (CTP)	Combined vaginal ring (CVR)
<ul style="list-style-type: none"> ■ Consider $\leq 30 \mu\text{g}$ EE COC with LNG or NET first line ■ Consider health risk/potential benefits associated with different formulations 	Only one available in UK	Only one available in UK

Choosing CHC formulation

Choosing regimen for CHC use

- Discuss both standard and tailored regimens

Duration of CHC prescription

- Up to 1 year
- Note that only 3 months' supply of CVR can be **dispensed** at any one time

Provide other essential information

CHC=combined hormonal contraception; COC=combined oral contraception; EE=ethinylestradiol; LARC=long-acting reversible contraception; LNG=levonorgestrel; NET=norethisterone; UKMEC=United Kingdom Medical Eligibility Criteria.