



Questions to ask your healthcare professional

women's health voice
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This guide is provided by Organon (a pharmaceutical company) to assist in discussing contraception with your Healthcare Professional. This guide should not be used as a substitute for specific medical advice. If you have any questions about contraception or sexual health, you should speak to your Healthcare Professional. This guide is intended for an audience in Indonesia, the Philippines, Malaysia, Singapore and India only and as such, it has been designed to comply with the law of Indonesia, the Philippines, Malaysia, Singapore and India.

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Contraception can be a confusing topic, and it often helps to talk it through with your healthcare professional, whether that is a GP, OBGYN, midwife or other professional healthcare provider. Talking to your healthcare professional about contraception is an important step in deciding which contraceptive method is best for you.

We understand that this is sometimes a difficult or embarrassing topic – you may just want to get in and out of their office as quickly as possible! But taking the time to talk through your history, your lifestyle and current relationship needs can help you and your healthcare professional make the right decision for you.

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Tips for talking to your healthcare professional about contraception

- **Be comfortable:**

If possible, see a healthcare professional you are familiar with. This can help you to feel more relaxed when discussing personal topics, such as your sexual history

- **Make a list:**

Do some research before your appointment on the different methods available and make a list of any questions you have. It can also be helpful to make a list of any other medications you currently take, as well as any vitamins or supplements so they can be aware of potential interactions that could be risky.

- **Keep no secrets:**

Your healthcare professional will probably need to ask you questions about any medical conditions and sexual history. It is important to be open and honest with your healthcare professional.

Questions to ask your healthcare professional

- **Which type of contraception is best for me?**

Be sure to let your healthcare professional know details about your lifestyle to help them find a solution that will work well for you, such as if you travel regularly or have difficulty remembering to take medicine at the same time each day.

- **How do different contraception methods affect my menstrual cycle?**

If you have very irregular periods, or very painful periods, this may influence the type of contraceptive option your healthcare professional recommends.

- **What are the potential risks or side effects?**

All contraceptive methods have different potential risks or side effects. If there are any you are particularly concerned about – for instance, something you heard your friend mention, or something you read about online – be sure to bring this up. It may in fact be a myth – there are lots out there! – or it may not be a concern for you based on your medical history. Don't be afraid to ask about any risks or side effects that worry you. Remember, your healthcare professional is there to help give you peace of mind and make an informed decision.

- **Are there any benefits beyond preventing pregnancy?**

Some contraceptives, particularly those that contain hormones, may also assist with other conditions¹ that are impacted by hormones, such as painful periods. This is why it is important to be honest and thorough with your healthcare professional when informing them about your medical history, as they might be able to suggest a method that offers additional benefits as well as helping to prevent unwanted pregnancy.

- **Will any contraception methods interact with any supplements or other medications that I take?**

It is helpful to prepare a list of every medicine and supplement you use, both traditional and Western, before your visit. Even vitamins or supplements you buy over the counter may impact or interact with some contraception methods, so make sure you discuss and let your healthcare provider know about everything you are taking.

- **Could my health problems make certain contraception methods unsuitable for me?**

Be thorough in discussing your personal medical history, and any conditions in your immediate family (mother, father, siblings) that you are aware of, as it may be relevant in helping your healthcare provider determine the most suitable contraception method for you.

- **How well does each method work?**

Each contraceptive method varies in how effective it is at preventing pregnancy. The effectiveness of each method can also be impacted by other factors, such as illness or incorrect/imperfect usage. Understanding how effective each method is can help you make an informed decision about which method is right for you.

- **What do I need to know to ensure I use my chosen method correctly to best protect myself against unwanted pregnancy?**

It is important to understand how to use your chosen method correctly. If the correct usage of a particular method is incompatible with your lifestyle, you may want to discuss a different option to increase your likelihood of using it correctly and giving yourself the most effective protection from unwanted pregnancy.



References:

1. World Health Organisation (WHO); Family Planning - A global handbook for providers 2018 edition; <https://www.who.int/reproductivehealth/publications/fp-global-handbook/en/>; accessed 30 November 2021
2. National Health Services UK (NHS UK); Which method of contraception suits me? Your Contraception Guide January 2019, <https://www.nhs.uk/conditions/contraception/which-method-suits-me/>; accessed 9 Dec 2021

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