Guide to Managing Contraception: Required Reading

Use the 2007-2009 Managing Contraception Handbook
Read and think about these questions BEFORE the lecture (you will be answering these questions in class) and bring the handbook to use in class

1. Sterilization
   - Read pages 134-143
   - Answer these questions:
     - Describe the difference between post-partum and laparoscopic tubal sterilization
     - What are risks for regretting sterilization?
     - What is the Essure device?
     - When can a vasectomy be trusted?
2. Non-hormonal Barrier Methods
   - Read pages 56-70
   - Answer these questions:
     - Compare efficacy between male condom and spermicidal foam (table on page 38 and 40)
     - What if allergic to latex?
     - What is difference between cap & diaphragm?
     - Look at pg 61, do lubricants matter?
     - What if condom breaks or slips off?
3. Emergency Contraception
   - Read 73-81
   - Answer these questions:
     - What is in a package of Plan B?
     - Is ECP more effective in 1st 24 hours?
     - How can Plan B be dosed?
     - How does high dose LNG or Plan B work?
     - Would COC pills work for EC?
     - What is advance provision?
4. Other Methods
   - Read 68-72 and 44-51
   - Answer these questions:
     - What is the perfect use failure rate with withdrawal? What is perfect use?
     - Does N9 reduce infections?
     - What is a good back up for abstinence?
     - How effective is lactation for contraception?
5. Intrauterine Devices
   - Read pages 82-93
   - Answer these questions:
     - Are IUDs as effective as female sterilization?
     - How does the Copper and Lng IUD work?
     - What are the main differences between the copper IUD and the Lng IUD?
     - Which IUD should be chosen to avoid irregular bleeding? Hormones?

6. Who can use hormonal contraceptives?
    - Read 94-120, 125, and A1-8
    - Answer the following questions:
        - What are 2 contraindications to progestin only contraceptive use?
        - What are 4 absolute contraindications to estrogen use?
        - What is the WHO risk category for a woman with active hepatitis seeking COC use?
7. OC formulations
    - Look at pages A22-33
    - Answer these questions:
        - Is there such a thing as an estrogen only hormonal contraceptive?
        - What is a mono vs multi-phasic OC?
        - What are the hormone types and doses found in the brands Alesse and Seasonale?
        - Are generic OCs equivalent?
8. Starting hormonal contraceptives
    - Read pages 102-107
    - Answer these questions:
        - How many days of back up is needed?
        - Can you start on the same day of the visit?
        - When can she start post-partum?
        - What if after an abortion?
9. The Patch
    - Read 112-114
    - Answer these questions:
        - What is released by the patch?
        - How is it used?
        - Is the efficacy more or less with obesity?
        - Is this a low or a high estrogen dose method?
10. The Ring
    - Read 114-116
    - Answer these questions:
        - What is released by the ring?
        - How is the ring used?
        - Is this a high or low estrogen dose method?
        - How long can a single ring be worn?
11. Progestin Only Contraceptives
    - Read pages 117-133
    - Answer these questions:
        - Do women often ovulate during progestin only pill use?
        - What is in the “Depo-shot”? Implanon?
        - What happens to estrogen with Depo use?
        - Could a woman on seizure medications use the etonogestrel implant?