

# Contraception and Family Planning Packet

Contraception helps you and your partner to make a family plan and decide when you want to become pregnant. Every woman has the right to factual, evidence-based information about contraception so she and her partner can make an informed decision. Contraception counseling should occur during well woman, pregnancy, and postpartum visits, or as requested by a patient or her partner.

## Step 1: Please check the box that best describes you:

I do not have a plan for contraception.

I already have a plan for contraception. My plan is: \_\_\_\_\_.

## Step 2: If you would like to learn more about contraception, please help guide your provider's counseling today and circle the answer that best describes your family plan and past contraception use:

Would you like to become pregnant in the next year?      YES      NO

Do you think you would like more children?      YES      NO

When do you think you might want more children?      1 YEAR      2 YEARS      3+ YEARS      UNKNOWN

How important is it to prevent pregnancy until then?      VERY IMPORTANT      NOT THAT IMPORTANT

Are you planning to breastfeed or currently nursing?      YES      NO

Have you used contraception in the past?      YES      NO

What contraception have you used in the past? What is important to you about a contraceptive method?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Step 3: Please take a moment to look at the option grid on page 2 and explore your options for contraception. Page 3 is completed with your provider during your visit!