

## Contraceptive failures

### RFQs

- How organised are you?
- How important is it to you that you don't conceive at this time?
- Do you have any medical conditions, personally or in your family, which might make any types of contraceptive unsuitable?
- Are you happy with a 9% failure rate in 3 years (higher in young women)?
- What fears do we need to address regarding coils and implants?

### Provide

No method of contraception is 100%, but some methods are much better than others. In the real world, with pills there are 9% failures over 3 years (young women are twice as likely to have failures). Coils and implants are 21 times better (0.4% failures) in terms of reliability (no difference in failures across the age range).

### Safety net:

If you choose a pill: please don't rely on it to prevent pregnancy if you vomit, or get diarrhoea. Take extra precautions for 7 days (condoms).

If you miss a pill, follow the instructions on the information leaflet. (Take extra precautions if you have missed 2 or more COC pills for 7 days. And extra precautions for 2 days after a missed POP.)

No form of contraception is 100%. If you have symptoms of pregnancy (nausea, breast tenderness) then do a pregnancy test. (Luckily, if you still manage to conceive despite using contraception, the baby is likely to be unharmed by most contraceptives.)

And if you have severe lower tummy pain we should see you urgently to rule out an ectopic pregnancy.