

Women's Health

Which Contraception is Best for You?

Listed below are several of the basic questions people ask themselves about contraception and contraceptive methods. If you use a method of contraception regularly, answer the items below with reference to your method. Otherwise, answer in terms of the method that you would be most likely to use.

Yes or No:

1. Are you afraid of using this method of contraception?
2. Would you really rather not use this method?
3. Have you ever become pregnant using this method?
4. Do you (or would you) have trouble using this method correctly?
5. Do you have unanswered questions about this method?.
6. Does this method make menstrual periods longer or more painful?
7. Does this method cost more than you can afford?
8. Does this method have possible serious health complications that might affect you?
9. Are you opposed to this method because of religious or moral beliefs?
10. Did your partner participate in choosing this method?
11. Are you using this method without your partner's knowledge?
12. Does (or would) the use of this method embarrass your partner?
13. Does (or would) use of this method embarrass you?
14. Do you (or would you) enjoy intercourse less because of this method?
15. If this method interrupts love-making, will you avoid using it?
16. Has a nurse or doctor ever told you NOT to use this method?
17. Is there anything about your personality that could lead you to using this method incorrectly?
18. Are you at any risk of being exposed to HIV (the AIDS virus) or other sexually transmitted infections if you use this method?

Total # of "Yes" answers:

Most individuals will have a few "yes" answers. "Yes" answers mean that potential problems may arise. If you have more than a few "yes" responses, you may want to talk with your health care provider, counselor, partner or a friend to help you decide whether to use this method, or how to use it so that it will really be effective for you. In general, the more "yes" answers you have, the less likely you are to use this method consistently and correctly with every act of intercourse.

Look over your answers to all the questions above. Which factors led you to choose a method of contraception? Rank the factors in order of importance, beginning with 1 for the most important.

- ☐ Safety
- ☐ Less Embarrassment
- ☐ Cost
- ☐ Shared Responsibility
- ☐ Effectiveness
- ☐ Other
- ☐ No interruption of love-making

Are you comfortable with the rank ordering you specified above?

If not, what would you need to change about your life to be more comfortable?

(Check all that apply.)

- ☐ Learn more about alternative methods of contraception
- ☐ Discuss my feeling with my partner
- ☐ Clarify my own feelings about sex and having children
- ☐ Get my partner to participate in this part of our relationship
- ☐ Other_____

What specific changes in your or your partner's behavior(s) would make contraception easier for you?

If you wish to make an appointment with a clinician about your contraceptive choices, please call us at x 2810.