

BMI:**Age:****Para:** **Current Contraception****PSH:****PMH:****Allergies:****Medication:****Options to be discussed**

<i>Method</i>	<i>agree</i>	<i>decline</i>	<i>Comment/ Plan</i>
COCP/ POP			
Mirena IUS/ copper coil IUD/ Intrauterine contraceptive device			
Depoprovera / nexplanon			
Vasectomy/ condoms			
Laparoscopic sterilisation <i>Regret: increased risk under 30</i> <i>Not reversible on NHS</i>			<p>Before procedure: Please use contraception. A pregnancy test will be done before treatment.</p> <p>Recovery: Return to normal function within a few days.</p> <p>Pain: affect mainly shoulder due to gas used; resolves in 24 hours. Take pain killers as needed.</p> <p>Sickness: Nausea and vomiting are common side effects.</p> <p>Infection of wound site: Rare occurrence. Keep clean and dry. Contact GP if redness/ pain. Shower after 48 hours.</p> <p>Lifetime failure rate of 1 in 400: If become pregnant is increased risk of ectopic pregnancy where pregnancy develops outside uterus usually in fallopian tube. If you are concerned you are pregnant please see GP.</p> <p>Failure rate: 1 in 180 conversion to open procedure</p> <p>Damage to other organs</p> <p>Port site herniation</p>
HSQ completed			
Information leaflet sent			

Signature: