



Contraceptive Counseling: *The Counseling Session*

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| content: | Method Fact Sheet Instructions |

Overview

This set of instructions should be used to correctly review a [Method Fact Sheet](#) with a patient. The Method Fact Sheet ensures that the patient is aware of how her approved method works, the advantages and disadvantages, contraindications, and risks and warning signs. This may be the last opportunity the patient has to ask questions of the counselor or clinician prior to leaving the appointment; therefore, it is important to make sure she is completely comfortable with her approved method.

- After presenting the clinician, let the patient know she has been approved for her method
- Give the patient a copy of the approved Method Fact Sheet. This could be the fact sheet of a bridge method if the patient is not receiving her chosen method that day. (*Refer to the [Method Bridging Protocol](#) for more information on bridging*)
- Review each section on the Method Fact sheet with the patient. Encourage her to follow along on her own copy.
 - Explain how the method works
 - Explain how to use a refillable method and when to pickup refills (if appropriate)
 - Explain when the patient should start her refillable method (if appropriate)
 - Explain how the method is inserted /injected
 - Explain the advantages and disadvantages
 - Explain the risks
 - Review contraindications
 - Explain the warning signs
 - Explain when the patient will receive her method (e.g., today or at a later date)
 - Ask if patient has any questions about her approved method
 - Have the patient sign your copy of the Method Fact Sheet; her copy should remain unsigned to protect her confidentiality.
 - Place signed Method Fact Sheet in patient's medical chart.