

**GENERAL INTERNAL MEDICINE & HEALTH SERVICES RESEARCH CASE
CONFERENCE TEACHING MODULE**

**CONTRACEPTION
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CASE 1

You are seeing Ms. Y, a 25 year-old G3P2 woman in urgent care today, because she wants the “morning after” pill. She had unprotected intercourse about 40 hours prior to her appointment with you. She reports difficulty with compliance with the “rhythm method” she has been using for birth control since the birth of her second child, one year ago. She wants to start birth control pills for contraception and would like to find out more about the IUD as a contraceptive option.

- 1. What is the rhythm method?**
- 2. What is the morning-after pill and is it still effective?**
- 3. What elements of history and physical exam are important in evaluating her for the morning after pill, hormonal contraception or IUD?**
- 4. She wants you to use the “lowest dose pill” because a friend told her she would get breast or ovarian cancer from being on the pill. She mentions that she read about a pill that “clears acne” and wonders if that would be a good option for her.**
- 5. What side effects can she expect?**
- 6. How long should she be off the pill if she decides to conceive again?**
- 7. What types of IUDs are available?**

CASE 2

Ms. Z is a 40- years-old G1P1 smoker who had a baby 2 months ago. She asks you to prescribe a contraceptive that would be safe during lactation and easily reversible, since she plans to conceive again in 8-10 months. She read about the birth control patch in Glamour magazine and asks if that would be a good option. Her husband has a latex allergy and refuses to use condoms. She reports having had an allergy to a spermicide a few years ago. She has no significant past medical history. Her medications are prenatal vitamins and calcium supplements. Her family history is positive for Alzheimer’s disease.

- 1. What would be the best contraceptive option for this patient?**
- 2. What side effects can she expect?**
- 3. Is she a good candidate for the patch?**
- 4. Can she use another spermicide?**
- 5. Could she or her husband use condoms?**
- 6. Are there any other progestin contraceptives that she could use?**
- 7. What about the vaginal ring?**
- 8. She tells you she would like to consider sterilization after having a second child but does not want to have surgery. She asks if there are any other options.**