

Slides 5 and 6, Consider giving information ahead of the appointment and POP versus COC:

Contraceptive choices

<https://www.contraceptionchoices.org/>

Brook contraception

<https://www.brook.org.uk/topics/contraception/>

Sexwise

<https://www.sexwise.org.uk/>

Slide 7, FSRH UK medical eligibility for contraceptive use

Faculty of sexual and reproductive health care (FSRH), UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) 2016 (amended September 2019)

<https://www.fsrh.org/standards-and-guidance/uk-medical-eligibility-criteria-for-contraceptive-use-ukmec/>

Slide 10, Choice of combined contraceptive pill

FSRH Clinical Guideline: Combined Hormonal Contraception (January 2019, Amended October 2023)

<https://www.fsrh.org/documents/combined-hormonal-contraception/>

NICE Clinical knowledge summaries Contraception - combined hormonal methods Last revised in July 2023

[Scenario: Combined oral contraceptive | Management | Contraception - combined hormonal methods | CKS | NICE](#)

Community pharmacy England, find my LPC

[LPCs & Local - Community Pharmacy England \(cpe.org.uk\)](https://www.cpe.org.uk/)

Your LPC may be able to support you if you are unable to find your local formulary.

Slide 11, How much oestrogen?

Gallo MF, Nanda K, Grimes DA, Lopex LM, Schulz KF, [20 µg versus >20 µg estrogen combined oral contraceptives for contraception](#), *Cochrane Database of Systematic Reviews*. 2013;8(CD003989). DOI: 10.1002/14651858.CD003989.

Slide 13, Androgenicity of progestogens

GP Notebook Pill ladder for combined pill (COC) Last edited 03/2020 <https://www.gpnotebook.com/en-au/simplepage.cfm?ID=x20130725203135685340>

FSRH Clinical Guideline: Combined Hormonal Contraception (January 2019, Amended October 2023)

<https://www.fsrh.org/documents/combined-hormonal-contraception/>

Slide 14, Which combined contraceptive regimen?

FSRH Clinical Guideline: Combined Hormonal Contraception (January 2019, Amended October 2023)

<https://www.fsrh.org/documents/combined-hormonal-contraception/>

Slide 15, Safety netting

Emma talks about [Accurx](#), which is an example of an NHS-approved texting service. You can login with your NHS email address and your usual password associated with that account without needing to sign up. Ask your employer what NHS-approved systems are available for you to use in your practice.

Additional information

The Faculty of Sexual and Reproductive Healthcare have an e-learning programme on choosing contraceptive methods (rather than selection of specific combined or progestogen-only pills), as detailed below. This is hosted by e-learning for healthcare. You can find more information on the [CPPE NHS Pharmacy Contraception Service](#) page.

If you would like to find out more about different methods of contraception, see the unit: *Choosing contraceptive methods*. This unit will discuss the principles, practical application and various ways of exploring an individual's preference when wanting to start or change their method of contraception.