

C2.11 – ORAL CONTRACEPTIVE REFILL VISIT

Policy

Clients prescribed a new method should be re-evaluated after three months if the CSP determines it is indicated. A new client who chooses to continue a method already in use may choose not to return for this early revisit unless an indication for re-evaluation is found by the CSP at the initial visit.

Procedure

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| <p>Oral contraceptive (OCP) refill counseling is using the following but is not necessarily limited to:</p> | <ul style="list-style-type: none"> ● An update of the LMP, obstetrical, gynecological and medical histories, ● Current use or changes in medications or changes ● Smoking habits ● An assessment of the client’s correct utilization and satisfaction with the method ● Review knowledge of how to make up missed OCPs ● A review of minor side effects and provisions of counseling appropriate to resolution/relief if a problem is identified ● Screening for symptoms of serious, possibly life threatening complications, and appropriate referral of the identified problem, including: <ul style="list-style-type: none"> ○ Shortness of breath. ○ Severe chest pain. ○ Severe, persistent headaches. ○ Visual disturbances (double vision-blurring) ○ Severe pain, redness or numbness in extremity. ○ Hypertension. ○ Acute abdominal pain |
| <p>Refill Counseling</p> | <p>Sessions vary with the individual client and method of choice, usually numbering one to four visits per year. Established clients may receive a one-year supply of OCPs (from the date of the annual visit) in the absence of contraindication or a CSP identified need for increased surveillance.</p> |
| <p>Vitals</p> | <ul style="list-style-type: none"> ● BP ● Weight ● Other laboratory tests, as indicated ● Review results of last laboratory tests (if applicable). |
| <p>Referrals</p> | <p>Update information on previous referrals</p> |

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| <p>Date Revised</p> | <p>September 2023</p> |
| <p>References</p> | <p>Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs</p> |

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| | (QFP) [2014] (https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html) |
| Additional Resources | Contraceptive Technology, 19th Edition, |