

WHAT ARE MY NEXT STEPS?

When is my appointment?

DATE: _____

TIME: _____

My health care provider name is:

How will I get there?

- Drive myself
- Have someone give me a ride
- Public transportation
- Other _____

What other support do I need?

- Childcare
- Time off from work
- Other

What will I do if I cannot keep my appointment?

Your Organization
Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Local Resources

State DHHS Information

Low-Cost Health Care Options

Local Health Department



YOUR LOGO
HERE

My Reproductive Life Goals:

Deciding If and/or When to Have Another Child



Your Organization
Your business tag line here.

MY RECOVERY WITH REPRODUCTIVE GOALS

I want a child in the future: No
 Yes

If yes, what do I need in my life of recovery to be ready for another child?

Finances _____

Family Support: _____

Education: _____

Job: _____

More support for recovery, specifically:

How important is it to me that I prevent pregnancy until I am ready to have children?

- Not important
- Somewhat important
- Very important

Breastfeeding?

- Tell me more
- Yes I am!
- No way

Medication

Ok in Pregnancy

Ok with Breastfeeding?

Works with any birth control?

Buprenorphine (i.e Subutex®)

Yes

Yes

Yes

Buprenorphine + Naloxone (i.e. Suboxone®, Zubsolv®)

Yes

Yes

Yes

Methadone

Yes

Yes

Yes

Naltrexone oral or injectable (i.e Vivatrol®)

Yes

Yes

Yes

BIRTH CONTROL OPTIONS: WHAT IS IMPORTANT TO YOU?

		What to know
☺☺☺☺ Get it and forget it	Works for up to....	Implant can cause spotting or no period Hormonal IUD can cause spotting or no period Copper IUD can increase cramping
☺☺☺ Remember often	Have to use it.....	Pill is not a good choice if you are over 35 and smoke Shot can cause changes in bleeding and may increase hunger **May have to wait to start these methods if you want to breastfeed
☺ Remember every time	Have to use every time that you and your partner have sex	Have to use diaphragm and condoms correctly every time you have sex Female partners do not have control over withdrawal

Forever



10 years



5 years



3 years



Copper IUD Sterilization

Every 3 months



Every month



Every week



Every day



Shot (Depo-Provera)

Ring

Patch

Pills



Condoms

Fertility Awareness

Diaphragm

Withdrawal

Condoms