

ORAL CONTRACEPTIVES (BIRTH CONTROL PILLS)

5/12/07

INSTRUCTIONS FOR STARTING ORAL CONTRACEPTIVES

- ♦ Oral contraceptives are available in 21- or 28-day packs. Active pills (pills with hormones) are taken for 21 days; 28-day pills contain 7 "spacer" pills (contain no hormones).
- ♦ Start pills on first Sunday after period begins (if period begins on Sunday, you should take the first pill on that day).
- ♦ Take one pill a day until pack is finished; if 28-day pack—begin a new pack immediately; if 21-day pack—skip 7 days and then begin a new pack.
- ♦ Take pill at the same time each day; associate with something that is done at the same time of day (going to bed, brushing teeth, etc.).
- ♦ A backup method such as condom or foam should be used during the first cycle.
- ♦ Antibiotics may decrease the effectiveness of oral contraceptives; if you are taking antibiotics, you must use a back-up method of contraception.

INSTRUCTIONS ABOUT EARLY SIDE EFFECTS

- ♦ Some side effects are common during the first few cycles of use, but should disappear after that time.
- ♦ Side effects to expect include the following:
 - Breakthrough bleeding and spotting
 - Symptoms associated with early pregnancy, especially nausea
- ♦ Try not to make a decision about discontinuing the pill until after the 3rd cycle so that side effects will have a chance to resolve.

INSTRUCTIONS FOR DEALING WITH MISSED PILLS

Carol Stewart, C.R.N.P.
Lic. #1-045437
Rx: 1178

AUBURN MONTGOMERY
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Ramona Lazenby, C.R.N.P.
Lic. #1-039092
Rx: 0703

Maryluz Fuentes, M.D.
(334) 286-2390
DEA #BF 6451520
AL #24127

Name Christina Panchal Date 3/9/15
Address _____

R Trisprintec

Disp: #1 pack

sig. Take as directed per pkg instructions

Label all prescriptions 1 year

Refill: 1 2 3 5 PRN NR

Product Selection Permitted

Dispense As Written

M.D. or C.R.N.P.

M.D. or C.R.N.P.

and return to the
sure the next pill is

I today's pill at the

d immediately; take
the other missed
pills on schedule.

cur.

AT LEAST 7 DAYS

ed.), Gainesville,

lopted by AUM/NCC 5/00

**AUM NURSING CARE CENTER
PROBLEM VISIT RECORD**

DATE: 3/9/15 TIME: 1440 PT. HISTORY REVIEWED / UPDATED _____
 PATIENT NAME: Christina Panahal DOB: _____ AGE: _____
 PRESENT COMPLAINT: Symptoms began yesterday. (+) cough, HA, feels weak, lower abdomen hurts. Not aching, no nasal drainage. Not feverish. Was around someone w/ flu this weekend
 LMP: 2/18/15

MEDICATIONS: Q

Temp	Pulse	Resp	B/P	HT	WT	Allergies
<u>99.8</u>	<u>104</u>		<u>113/70</u>			<u>NKMA</u>

INITIAL VISIT	RETURN VISIT
Skin <u>WPI</u>	
Sinuses <u>non tender</u>	
Ears <u>TMS intact & fld & redness</u>	
Eyes <u>Clear</u>	
Nose <u>patent</u>	
Throat <u>& redness</u>	
Neck/Back <u>badenopathy</u>	
Heart <u>HRR & murmur S2</u>	
Lungs <u>CTA & wheezes (+) dry nonproductive cough</u>	
Abdomen <u>Soft, non tender, & masses</u>	
GU/GI <u>BS+ x4 quad</u>	
Extremities <u>& edema</u>	

DIAGNOSIS:	TESTS	RESULTS
① <u>Viral URI</u>	<u>Influenza A/B</u>	<u>neg</u>
② <u>Pain R/L + ovulatory cycle</u>	<u>Urin preg</u>	<u>neg</u>
③ <u>Contraception c/s</u>		

PLAN: CALL BACK: 3/12/15 - Pt. states she is much better today. (+)

- ① Tri-sprintec qd x 1YR - Education
- ② Mucinex BID + Zyrtec qHS PRN
- ③ ↑ H₂O + Rest
- ④ Ibuprofen 400mg q6° PRN Abd. pain
- ⑤ RTC if no improvement or PRN

PRACTITIONER SIGNATURE: S. Sanchez / L. Stewart STAFF SIGNATURE: CANON

AUDIT DATE: _____ COMMENTS: _____
 PHYSICIAN SIGNATURE: _____

PREPARED BY AUM NCC
REVISED/ADOPTED 10/94