



Birth Control Checklist

As you discuss birth control options with your healthcare provider, use the following checklist to help narrow the options to find the one best suited for your health and lifestyle. **Check all that apply to you.**

Main Reasons for Seeking Birth Control

- I want birth control to prevent pregnancy.
- I want birth control for other reasons like to prevent acne.

Plans for children

- I'm 100% positive I never want to have children.
- I don't want children in the next 5 – 10 years.
- I want to have children fairly soon, but not now.

Feelings about your Period on Birth Control

- I don't really want to have a period at all.
- I feel more comfortable with a period.
- It would be great to have regular periods.

Daily Habits

- I'm good at remembering to take daily medicine.
- I don't trust myself to remember to take daily medicine.
- I eat fairly well and get good exercise.
- I smoke.

Thoughts about Birth Control

- I worry about having the self-control to insert birth control before sex.
- I like the idea of a long-term birth control so I don't have to worry about it on a daily, weekly or monthly basis.
- I don't mind going to the doctor's office to get my birth control even if it is every few months.