

Contraception Discussion Printable Guide For Kidney Patients



Providence
Health Care



+ Questions to Ask Yourself

Here are some questions to ask yourself before your appointment:

Are you interested in a future pregnancy? If so, when do you plan to pursue pregnancy?

Would you prefer a daily pill or a longer-term option?

Do you have severe cramping or heavy menstrual bleeding?

Do you have a history of high blood pressure, blood clots, or osteoporosis (low bone density)?

Do you smoke?

+ Questions to Ask Your Kidney Doctor or Family Physician

Here are some suggested questions to ask your kidney doctor or family physician about contraception and chronic kidney disease:

How does chronic kidney disease affect my fertility?

Do I need to use contraception if I don't want to get pregnant?

When should I begin using contraception?

Which contraception options are safe and available for me?

What are the risks and side effects of contraception?

Should I use condoms as dual protection in addition to another form of birth control?

How would pregnancy affect my kidney health?
