

Q & A Session

16 October 2019

Q1

- We have been asked how to counsel quickly on the new CHC taking regimes- to explain all the options in depth takes time. How can we do this quickly but effectively?

Q2

- Tailored COC advice goes against packet inserts

How many times a year to break

Which regime is best, take every day until bleed and break for a week?

Q3

- When seeing women using depo Provera for many consecutive years I always discuss the risk of osteoporosis but is there any other advice to give? Is it OK to continue if no other contraindications?

Q4

- Is Levosert a cost-effective option to Mirena and Kyleena

Q5

- 42-year-old woman requesting repeat Depo
- Last Injection was 13 weeks ago. She is on Depo for the last 3y and has amenorrhea. She had gastric by-pass in 2016. No DM since Gastric bypass. BMI 44
- PMHx: Previous T2DM , Asthma (no inhaler use for the last 4 years). Hypertension.
- Medications: Omeprazole, ferrous fumarate, desunin(vit D3), Calcium, lercanidipine
- STI all negative
- P2 ND, 1 partner for the last 3 years

Q6

- 36-year-old Transman came for repeat injection of testosterone.
- He gets the prescription from GP.
- He is also on sertaline and on ventolin sos for asthma and no allergy. He had upper surgery.
- He had multiple casual partners.
- Last sex was with a cis man 2 days ago.
- Sexual health needs/advise ?

Q7

- 28 year old heterosexual man presented again to clinic with c/o urethral irritation and discharge. He reported that his partner had 10 days treatment from another clinic
- Microscopy revealed NSU again .
- 4 weeks ago he had similar symptoms and was treated with doxycycline for NSU and chlamydia gonorrhoea NAAT test came back negative.
- GC culture was negative

Q8

- 26 year old P0 with type 2 diabetes.
- PCOS - irregular periods. BMI 36. FH: maternal aunt and cousin's ovarian cancer in 30s.
- Type 2 diabetes in few relatives
- Medications: metformin and gliclazide (zicron).
- Social smoker.
- No allergy.
- Would like contraception and regularise the cycle.

Q9

- From a beginner in Contraception

Discuss the principles of quick starting and bridging

Management of unscheduled bleeding following use of POP methods

Q10

- In case of anal rape with no history of vaginal rape will you still recommend Emergency Contraception