

2- A 22-year-old woman presents to her GP for advice regarding the most appropriate postnatal contraception. She had an uncomplicated vaginal delivery at 40 weeks gestation 3 weeks prior. She is bottle feeding her baby. She and her partner are keen to space out child bearing by 1–2 years and wishing a reliable form of contraception. She has a history of irregular menstrual cycles and polycystic ovarian syndrome. Select the SINGLE most appropriate contraceptive option:

- A. Combined oral contraceptive pill
- B. Copper intrauterine device
- C. Levonorgestrel-releasing intrauterine system (Mirena)
- D. Progestogen only pill
- E. Progestogen only injectable

3- A 26-year-old woman sought contraceptive advice, and after considering all her options, she decided to start on the combined oral contraceptive pill. As you have to advise her on the best method of using these pills, you are giving her some directions. Which of the following statements is incorrect in this regard?

- A. If you start the pill on the first day of your period, you will be protected from pregnancy immediately.
- B. If you start the pill at any other time in your menstrual cycle, you will need to use additional contraception, such as condoms, for the first 7 days of pill taking.
- C. If you miss one pill anywhere in your pack or start the new pack 1 day late, you will need to use additional contraception, such as condoms, for the first 7 days of pill taking.
- D. You can also start the pill up to, and including, the fifth day of your period and you will be protected from pregnancy immediately.
- E. You can start the pill any time in your menstrual cycle if you are sure you are not pregnant.

4- Which one of the following is characteristically associated with the use of a combined oral contraceptive pill?

- A. 'Contraceptive failure is more likely if miss 2 pills mid-packet than beginning or end of a packet'.
- B. Contraindicated if previous personal history of hydatidiform mole.
- C. Decreases the risk of ovarian and endometrial cancer.
- D. Reduces the risk of breast and cervical cancer.
- E. Routine thrombophilia testing is required prior to commencing COC because of it increasing the risk of thromboembolism

5- Which one of the following is characteristically associated with the use of progestogen-only pill contraceptive?

- A. Causes reduced bone mineral density.
- B. Decreases the risk of breast cancer.
- C. Decreases the risk of functional ovarian cysts.
- D. Inhibits lactation.
- E. Menstrual irregularities tend to resolve on long-term treatment.