



FREE APPOINTMENT COMPANION

The Pill Appointment Guide

Prepare. Ask. Understand your next steps.

A practical guide to help you prepare for a conversation with a GP, nurse, pharmacist, sexual health clinician or gynaecologist about the contraceptive pill.

USE IT YOUR WAY

BEFORE

Fill in what you know and choose your three priorities.

DURING

Tick the questions you want to ask and write down exact instructions.

BEFORE YOU LEAVE

Check that you understand protection, follow-up and where to get help.

Bring your pill packet or a clear photo of it

Also bring a list of medicines, supplements and any dates that matter.



Prepare for your appointment

You do not need to complete every field. The aim is to make the short appointment easier and more specific.

MY PILL AND ROUTINE

Pill name / brand _____ Started _____

I usually take it at _____ Reason for taking it _____

I believe it is: Combined Progestogen-only Not sure

WHAT I WANT HELP WITH

Choose up to three priorities

- Side effects or symptoms
- Mood, wellbeing or libido
- Medicines or supplements
- Travel, shifts or routine
- Bleeding or period changes
- Late or missed pills
- Changing pill or method
- Stopping or planning pregnancy

Something else _____

SYMPTOMS OR CHANGES I HAVE NOTICED

What changed?	When did it start?	Pattern / severity

RECENT PROTECTION CONCERN?

Write down the dates of any late or missed pills, vomiting, severe diarrhoea, unprotected sex, emergency contraception or pregnancy tests. Exact dates and the pill brand help a clinician give the right advice.



Understand your current pill

Tick only the questions that are relevant. Start with your priorities if time is short.

MY PRESCRIPTION AND PROTECTION

- What is the exact name and type of my pill, and what does that mean for how I take it?
- What is the allowed timing window for this specific pill?
- When am I protected after starting, restarting or switching to it?
- Does my pack contain inactive pills or a pill-free break, and how should I use them?
- Would a tailored regime, shorter break or no break be appropriate for me?

SYMPTOMS, BLEEDING AND WELLBEING

- Could the symptoms or changes I recorded be related to this pill, or should another cause be considered?
- Which bleeding changes are expected, and which should be reviewed?
- How long is it reasonable to monitor this symptom before we reassess?
- Could another dose, progestogen or pill formulation be a better fit?
- I have noticed changes in mood, wellbeing or libido. What should we consider together?
- Could this pill help or worsen another concern I have, such as acne, painful periods, heavy bleeding, PMS, endometriosis or PCOS?

IS IT STILL SUITABLE FOR ME?

- Has anything in my health, family history or lifestyle changed the safety of this pill for me?
- Do I need a blood pressure check or any other review today?
- Does my history of headaches or migraine affect which pill I can use?
- How do smoking, age, weight, recent pregnancy, surgery or reduced mobility affect my options?
- What benefits and risks matter most for me, and how do they compare with other methods?



Clarify mistakes, interactions and options

Ask for instructions based on your exact pill and situation. Advice can vary by pill type, brand, pack and timing.

LATE PILLS, MISSED PILLS AND ILLNESS

- Please explain exactly what I should do if I take this pill late or miss one or more pills.
- When would I need condoms or to avoid sex, and for how long?
- When might I need emergency contraception, and who should I contact quickly?
- When should I take a pregnancy test after a pill-taking mistake or unprotected sex?
- What should I do if I vomit after taking this pill or have severe diarrhoea?
- Where can I find the correct patient information leaflet for my brand?

WHY THE BRAND MATTERS

NHS guidance distinguishes traditional progestogen-only pills, desogestrel pills and drospirenone pills. Their usual timing windows are 3, 12 and 24 hours respectively. Combined-pill instructions also depend on the product, how many pills were missed and where you are in the pack.

MEDICINES AND SUPPLEMENTS

- Could any of my prescriptions, over-the-counter medicines or supplements reduce effectiveness or cause another interaction?
- Do medicines for epilepsy, tuberculosis or HIV, griseofulvin, lamotrigine or St John's wort affect my options?
- If there is an interaction, what contraception or additional protection should I use?
- Who should I check with before starting a new medicine: pharmacist, prescriber or contraception service?

MY ROUTINE, ALTERNATIVES AND FUTURE PLANS

- How should I manage pill timing during shift work or travel across time zones?
- If remembering a daily pill is difficult, which alternatives might suit my priorities?
- What are the advantages and disadvantages of staying on this pill, changing pill or choosing another method?
- If I stop, what changes might I notice and how quickly could fertility return?
- If I may want pregnancy in the future, is there anything I should plan before stopping?



My appointment plan

Write down the decision and exact instructions in your own words. Ask the clinician to clarify anything you are unsure about.

WHAT WE DECIDED

I will continue / change / stop:

New pill or method, if any:

Why this plan suits me:

MY EXACT INSTRUCTIONS

How and when to take it:

If I am late or miss pills:

If I vomit or have severe diarrhoea:

When to use additional contraception:

When to test for pregnancy or seek advice:

BEFORE I LEAVE

- | | |
|--|--|
| <input type="checkbox"/> I know the name and type of my pill or new method. | <input type="checkbox"/> I understand when contraceptive protection begins. |
| <input type="checkbox"/> I know what to do after a late or missed pill. | <input type="checkbox"/> I know what to do after vomiting or severe diarrhoea. |
| <input type="checkbox"/> I know whether medicines or supplements affect it. | <input type="checkbox"/> I know which symptoms need review or urgent help. |
| <input type="checkbox"/> I know when and where my next review or prescription will be. | <input type="checkbox"/> I know who to contact if I have questions later. |

FOLLOW-UP

Next review / action date _____ Contact / service _____

Reliable information or leaflet recommended _____



Safety, support and trusted information

Mention relevant health changes and know where to get timely advice. This page is not a substitute for an individual assessment.

IMPORTANT CHANGES TO MENTION

- | | |
|--|--|
| <input type="checkbox"/> New or changed headaches, especially migraine with aura | <input type="checkbox"/> New diagnosis, blood pressure issue or hospital treatment |
| <input type="checkbox"/> Smoking status or a significant change in weight | <input type="checkbox"/> Recent birth, breastfeeding or possibility of pregnancy |
| <input type="checkbox"/> Personal or close-family history of blood clots | <input type="checkbox"/> Upcoming surgery, reduced mobility or a long journey |
| <input type="checkbox"/> New prescription or over-the-counter medicine | <input type="checkbox"/> New supplement, including St John's wort |

COMBINED-PILL SUITABILITY

The combined pill is not suitable for everyone. NHS guidance highlights factors including migraine with aura, blood clots, high blood pressure, some heart or liver conditions, smoking at age 35 or over, and certain post-pregnancy situations. Tell a clinician what applies to you rather than trying to assess eligibility alone.

GET URGENT HELP

Seek urgent medical advice if you think you may have a blood clot, for example new one-sided leg pain or swelling. Call 999 or go to A&E if this occurs with chest pain or shortness of breath.

WHERE TO GET HELP

URGENT CONTRACEPTION QUESTION	Pharmacist, sexual health clinic, GP or NHS 111
PILL-SPECIFIC INSTRUCTIONS	The leaflet in your pack or the electronic Medicines Compendium (eMC)
GENERAL UK INFORMATION	NHS contraception pages at nhs.uk/contraception
ONGOING ROUTINE SUPPORT	Estrocllic pill tracking tools at estrocllic.com

ABOUT THIS GUIDE

Prepared using NHS guidance on the combined pill, progestogen-only pill, missed pills, vomiting and diarrhoea, medicine interactions, pill suitability and DVT. Sources accessed 12 June 2026. This Estrocllic resource has not been presented as clinician-reviewed.

Track your routine with Estrocllic

The contraceptive pill tracker built for real life. Available on Android.