

Emergency Contraception – Medical History Questionnaire

(to be completed by the person seeking emergency contraception)

Oral emergency contraception (also known as the «morning-after pill») can reduce the risk of an unintended pregnancy for up to 5 days after unprotected sexual intercourse. Its effectiveness decreases over time, so the sooner you take the emergency contraception, the more effective it will be! After answering a few questions during a confidential consultation with the pharmacist, you will receive the most appropriate emergency contraception – selected together – to take immediately.

Why do you have to answer questions before receiving the morning-after pill?

In Switzerland, the active ingredients in morning-after pills are subject to a legal documentation requirement (Medicines Ordinance, Art. 47, 48). It is also stipulated that they must be dispensed directly to the person concerned. In order to determine the emergency contraception that is most suitable for you from the available options (two possible «morning-after pills» with different active ingredients or «copper coil (copper IUD)», the pharmacist needs some information. All information is treated in strict confidence; the pharmacists are bound by professional confidentiality.

Medical History Questionnaire

- Number of hours** since unprotected sexual intercourse: ☐ 0–3 days (<72 hrs) ☐ 3–5 days (<120 hrs) ☐ > 5 days (>120 hrs)
The time (in hours) since intercourse is relevant for selecting the appropriate option.
- Have you had **any further unprotected sexual intercourse** since your last period? ☐ No
☐ Yes, less than 3 days ago (< 72 hours) ☐ Yes, 3–5 days ago (73–120 hours) ☐ Yes, more than 5 days ago (> 120 hours)
The time (in hours) since any other unprotected sexual intercourse is relevant for selecting the appropriate option.
- Are you currently using **hormonal contraception** (e.g., the pill, patch, vaginal ring)? ☐ No ☐ Yes
If yes, which product?
If yes, when did the contraceptive failure occur (e.g., missed pill)?
☐ Less than 3 days ago (<72 hours) ☐ 3–5 days ago (73–120 hours) ☐ more than 5 days ago (>120 hours)
The type of hormonal contraception used and when the contraceptive failure occurred are important for choosing the most appropriate option.
- Cycle:** When did your last period start? Date: ☐ I don't know
How was your last period? ☐ normal or heavier ☐ lighter or shorter ☐ absent
Do you have a regular cycle? ☐ Yes, cycle length: days ☐ No
This information is used to assess the likelihood of pregnancy.
- Are you currently taking **any other medications**? ☐ No ☐ Yes
☐ If yes, which ones?
This information is used to assess drug interactions and is relevant for choosing the appropriate option.
- Do any of **the following** apply to you? ☐ Breastfeeding ☐ Severe asthma
☐ Liver dysfunction ☐ Gastrointestinal disease ☐ Allergies to any medications
This information is used to assess precautions and contraindications and is relevant for choosing the appropriate option.
- Height and weight:**
Height (in cm): Weight (in kg):
Height and weight are relevant for selecting and dosing of the appropriate option.
- Have you **taken the morning-after pill in the past**? ☐ No ☐ Yes
☐ If yes, when was the last time you took it? Product name:
How did you tolerate it?
This information is used to assess potential intolerances and to help select the appropriate option.

Which topics would you like more detailed advice on?

- ☐ Menstrual cycle and fertile window ☐ How emergency contraception works
☐ Comparison of different contraceptive methods ☐ Greater safety when using condoms
☐ Risks, protection, and testing recommendations for sexually transmitted infections
☐ Support options for sexual violence or traumatic sexual situations
☐ Other, namely:

Thank you very much for answering these questions

Oral emergency contraception – documentation

(to be completed by the pharmacy)

Documentation of dispensing / referral

Note: When dispensing oral emergency contraceptives (=List B–), personal data (last name, first name, date of birth, gender) must be documented in accordance with VAM Art. 48, e.g., in the patient record. Anonymous dispensing is not permitted.

Last name and first name of the person concerned:

Date of birth: Internal number (if applicable):

Pharmacist: Date/Time:

Calculated BMI [kg/m²]: ☐ ≤ 26 ☐ > 26 or body weight > 70 kg

Dispensing of emergency contraception (EC): ☐ LNG ☐ UPA ☐ Double dose of LNG (3 mg)

☐ Not dispensed, reason:

Referral of the person: ☐ Doctor/Hospital ☐ Sexual health clinic

Comments:

Mandatory information for the person concerned

☐ Contraception in the coming days:

- EC does not provide ongoing contraceptive protection; start or continue using contraception immediately
- For hormonal contraceptive methods: see document «Notfallkontrazeption bei hormoneller Verhütung»

☐ Tolerability of oral EC:

- Both active ingredients in EC are well-tolerated and safe
- Most common adverse drug reaction: Delay of the next menstrual period (tends to occur slightly earlier with LNG; tends to be delayed with UPA [up to >20 days late])
- Other possible side effects: headaches, nausea, spotting, and, rarely, vomiting. If vomiting occurs within 3 hours of taking the EC, inform person concerned to contact a pharmacy to discuss taking another dose.

☐ If menstruation does not occur >3 weeks after taking the pill or if using a hormonal contraceptive method:

Recommend a pregnancy test

☐ Any written information provided:

Additional counseling provided on:

- ☐ Menstrual cycle and fertile window
- ☐ Mechanism of action of EC
- ☐ Comparison of different contraceptive methods (e.g., fact sheets in various languages at www.sexandfacts.ch)
- ☐ Safer use of condoms (e.g., www.mysize.ch)
- ☐ Risks, protection, and testing recommendations for sexually transmitted infections (e.g., Safer Sex Check at www.lovelife.ch; brochure «Sex etc.»)
- ☐ Support options for victims of sexual violence or traumatic sexual situations
- ☐ Other, namely:

Notes

Abbreviations: LNG: Levonorgestrel UPA: Ulipristal acetate EC: Emergency contraception

This documentation must be retained for 20 years or in accordance with cantonal regulations.