**Contraceptive Counseling Sample Auto Text for EMR**

For contraceptive counseling today, we discussed:

* Methods that the patient previously used and what worked and didn't work for them \*\*\*list if desired
* Method characteristics that are important to them \*\*\*list if desired
* Their medical history, \*\*\*confirming no medical contraindications to estrogen/hormonal methods/IUDs, \*\*\*revealing a contraindication to estrogen/hormonal methods/IUDs
* We discussed the R/B/A of the methods that they are eligible for and wanted to learn about: **\*\*\***
* We discussed that they may want to use more than one method (dual method use), one method, or no method.
* We also discussed that they can stay on their current method, and that they don’t need to make a decision today.

I emphasized that switching methods is common, and that they can discontinue using any method at any time. After today's discussion, they would like to \*\*\*try X method \*\*\*think further about their options \*\*\*continue to use X. We discussed correct method use and indications for emergency contraceptive use. They can follow up at any time to discuss their contraceptive options, side effects they’re experiencing, or to switch methods.