Supplement I

The aim with contraceptive counselling is to prevent unwanted pregnancies and save the fertility until a pregnancy is wanted. It shall also promote sexual and reproductive health.

The counselling should include a careful history of:

* Earlier and ongoing diseases and its treatments.
* Medication including herbal.
* Allergies.
* Use of tobacco, alcohol and drugs.
* Occurrence in first-degree relatives (parent or siblings) of venous thromboembolism, cardiovascular disease or other serious disease.
* Previous pregnancies.
* Previous experience of contraception.
* Menstruation.
* Need to hide the use of contraceptives.

Investigation/sampling

* Weight, length, BMI and blood pressure.
* A gynecological examination can be offered, but not necessary.
* Offer wet smear to women who have not attended the screening program.
* Offer test for chlamydia and other sexual transmitted infections.

Counselling about contraception, how to use them and side effects.