**Cases:**

**Case 1 –** Ella is a 23-year-old woman with history of acne who comes to clinic to establish care. She is interested in starting a combined oral contraceptive pill to prevent pregnancy. Vitals and physical exam are within normal limits. BMI is 35.

* Using the medical eligibility criteria tab of app, **what category risk are combined hormonal contraceptives for this patient?**

She and her partner are currently using condoms and she has never used an alternative form of contraception before. She is a graduate student and is in a long-term relationship. She has had 1 partner in the past several years and has no history of STIs. She has no personal or family history of migraine or clotting disorder.

* *Question:* **How will you counsel Ella on benefits/risks?**

She understands the risk and decides to commit to a diet/exercise regimen for weight loss for a few months prior to starting. Using the Contraception app, answer the following questions:

* *Question*: **What dose of estrogen would you use?**
* *Question*: **What generation(s) of progestin would be most suitable?**

Ella tells you she is going on vacation with her partner in a few months and wishes she could skip her period that month. The “how to choose/adjust pill” tab describes the difference between monophasic and multiphasic types.

* *Question*: **If you prescribe a monophasic pill, how can she alter her regimen to accommodate her travel plans?**
* *BONUS Question*: **Her LMP was 2 weeks ago, and she has not had unprotected intercourse. What are some options for initiating the pill and which will require back up contraception?**

**Case 2 –** Miranda is a 35-year-old female with history of well-treated hypertension, bipolar depression on lamotrigine, and menorrhagia that has been evaluated in the past who is interested in switching her contraception method for pregnancy prevention.

* *Question*: Using the MEC tab, **what category risk is associated with taking lamotrigine?**
* *Question*: **She states she would like an option that is easy to hide. What options can you suggest?**
* *Question*: **How can you help Miranda choose between the various LNG IUDs?** (Note this info is not available in the app but can be found in the bedsider article “Which IUD is best for you?”)
* *Question*: **What counseling will you provide regarding benefits/risks and side effects?**

**Case 3 -** David is a 21-year-old transgender male with obesity and type I diabetes diagnosed in childhood. His last HbA1C was 9% and he was found to have microalbuminuria and mild retinopathy during a prior visit. His medications include insulin and lisinopril. He is sexually active with one male partner and is interested in “the shot” today.

* *Question:* Using MEC, **what category of risk is associated with his condition?**
* *Question*: **What methods of contraception may worsen gender dysphoria in a male-to-female transgender patient?**
* *Question*: **What additional counseling will you provide?**

**Case 4** - Kylee is a 35-year-old woman presents for contraceptive counseling. **What options for combined hormonal contraceptives are recommended if she had the following comorbidities?**

* *Question*: **Compensated cirrhosis from hepatitis B.**
* *Question:* **Decompensated cirrhosis from alcohol.**
* *Question*: **Smoking.**
* *Question:* **You prescribe the patch. She breaks her leg in a skiing accident and requires ORIF. How will you manage her contraception after surgery?**