**CONTRACEPTION: PATIENT CASE 5**

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A 27 year-old obese female presents for an annual women’s health exam. She has had normal pap smears for the past 5 years. She has been on two different combined oral contraceptives in the past 4 years and frequently forgets to take her pill daily. She tolerated them well. She has recently become sexually active and is concerned about becoming pregnant. Her best friend gained 10 pounds while on Depo-Provera so she is searching for other contraceptive alternatives.

1. What contraceptive option(s) could you recommend? Why?
2. What contraceptive option(s) would you avoid? Why?
3. The patient would like to start the combined vaginal ring. How would you counsel her about appropriate use of this contraceptive?