



Video Transcript: Contraceptive Counseling for a Client with Hypertension

Narrator: Contraceptive Counseling for a Client with Hypertension. RHNTC, the Reproductive Health National Training Center.

Audio Description: Monique talks with Dr. Simone in an exam room.

Dr. Simone: Hi Monique, I'm Dr. Simone. Who do we have here?

Monique: Hi, meet Katrina. She's already eight weeks old. I'm interested in talking about my options for birth control.

Dr. Simone: Do you think you might want to get pregnant again anytime soon?

Monique: Honestly, I'm not sure. I think so. While I was pregnant, I learned that I had high blood pressure. After I had her, my blood pressure didn't go down and I'm currently taking medication right now and I have it under control.

Dr. Simone: Nice work. It's great that you're able to keep your blood pressure under control. That will have health benefits for the future whether you decide to get pregnant again or not. How important is it to you to prevent pregnancy right now?

Monique: It's really important. I'm getting ready to take classes online, and me and my boyfriend can handle one, but if I were to get pregnant again, it would be really hard.

Dr. Simone: That makes sense. Would you like to hear more about your options?

Monique: Please.

Dr. Simone: Great. Do you have a sense of what's important to you in a birth control method?

Monique: Safety. I'm really concerned about it being safe for me.

Dr. Simone: Yeah, that's a valid concern. With high blood pressure, using a birth-control method with both estrogen and progestin, such as the pill patch or ring, it can have risks that outweigh

the benefits because it can increase your risk of stroke, heart attack, or peripheral artery disease. But the good news is that there are other methods that you can safely use even with hypertension, such as the copper IUD, the hormonal IUD, the implant, or progestin-only pills. Also, the birth control shot is an option because the benefits generally outweigh the risks as long as your blood pressure remains under control.

Monique: Okay, so I have options. But I know I need a method that's really effective for me that's easy to use. My primary care provider who prescribed me my medication for my blood pressure told me that if I get pregnant right now while I'm taking this medication it could cause birth defects.

Dr. Simone: It's important that you know that, and it's really important for us to keep that in mind as we weigh your options. The IUD and the implant are the most effective methods of contraception that we have to offer. You can have it removed at any time for any reason. And once the device is removed, your ability to get pregnant returns back to what's normal for you.

Monique: That all sounds good to me. I think I'd like a method that doesn't contain any hormones. Then the copper IUD sounds like it might be a great fit for you, it's hormone free, safe and effective, it can be used for up to 10 years, and it's safe for people who have hypertension. Would you like to hear more about it?

Monique: Yes, please.

Narrator: Developed by RHNTC, the Reproductive Health National Training Center and Power to Decide.