

How to Obtain Prescription Contraception

Step 1: Explore your options

- Use the tools on the Women's Clinic website, *Method Match and/or Choosing Wisely*, to help decide which method of birth control might be right for you.
- Attend a Contraceptive Workshop and/or schedule an appointment with a health educator if you need more information. Access the Healthy Hokie Workshops or make a Health Counseling Appointment at Tinyurl.com/HealthEdServices.
- Each type of birth control is described under contraceptives on the Women's Clinic website if you would like more in depth information about a particular method.
- Be sure to read the information on the particular type of birth control you choose.

STEP 2: Make an appointment

Call the Women's Clinic (540-231-6569) to make an appointment or make an on-line appointment at <https://www.healthcenter.vt.edu/osh>.

Step 3: Complete the Gynecology History Form

This form is found on the Women's Clinic website http://www.healthcenter.vt.edu/services/womens_clinic/index.html. Bring the completed form with you to your appointment. It helps the practitioner and nurses determine quickly what testing you need and what birth control might be most appropriate for you.

STEP 3: See your practitioner

Try to arrive 10-15 minutes before the start of your appointment. When you arrive at SHC, check in at the *Women's Clinic*.

STEP 4: Have your prescription filled

Refer to pharmacy options.