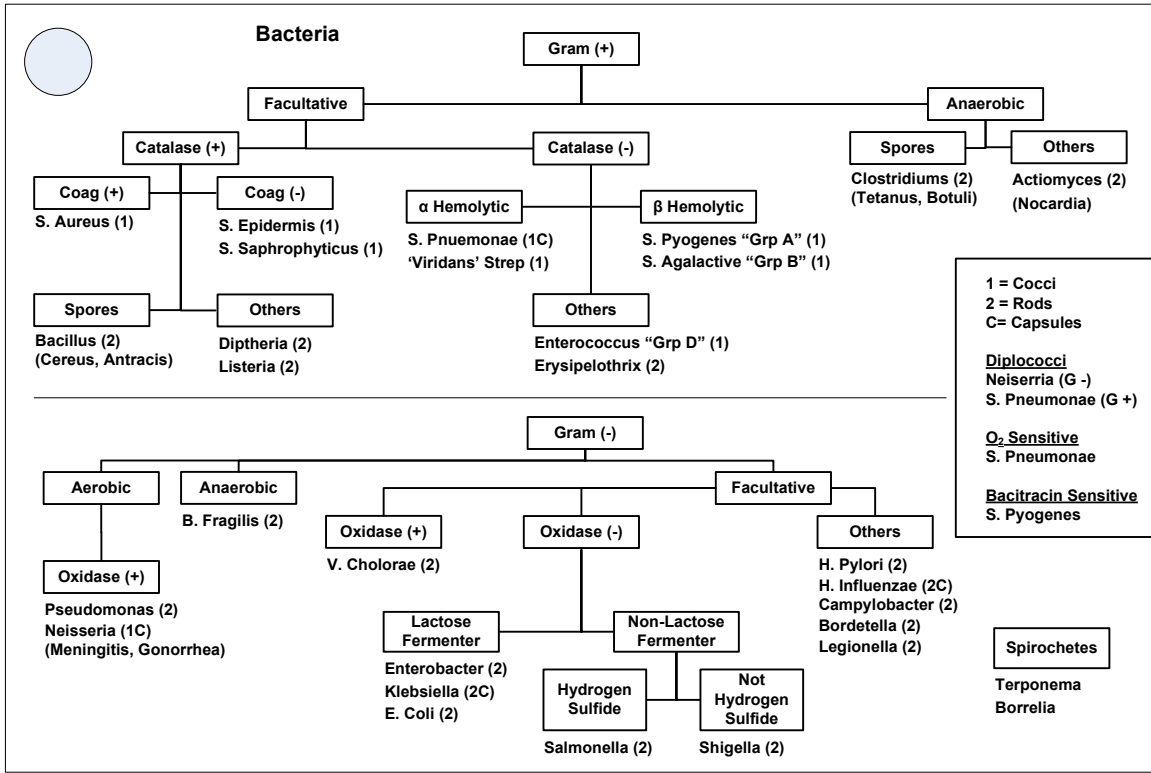


Complaints Related to Oral Contraceptives

Estrogen		Progesterone		Androgen	
Excessive	Deficient	Excessive	Deficient	Excessive	Deficient
Repro Complaints		Repro Complaints		Repro Complaints	
-Cystic Breast -Heavy/Dysmenorrhea -Clots w/ Period -Mucorrhea -↑ Uterine/Breast Size -Uterine Fibroid	-Continuing / Occasional Bleeding/Spotting on Days 1-9 on pill -Hypomenorrhea -↓ Flow -Atrophic Vaginitis	↓ Length of Flow Time -Candidiasis (Yeast Infection) -Inflamed Cervix	-B-through Bleeding/Spot Days 10-21 on Pill -Dysmenorrhea -Heavy/Dysmenorrhea -Clots w/ Period	---	---
Premenstrual Complaints		Premenstrual Complaints		Premenstrual Complaints	
-Bloating / Edema -Dizziness / Syncope -Cyclic Headache, Wt. Gain, Vision Changes -Nausea / Vomiting -Irritability -Leg Cramps	---	---	-Bloating / Edema -Dizziness / Syncope -Cyclic Headache, Wt. Gain, Vision Changes -Nausea / Vomiting -Irritability -Leg Cramps	---	---
General Complaints		General Complaints		General Complaints	
-Allergic Rhinitis / Hay fever -Gastric Flu / Varicella -UTI -Tan/Brown Forehead, Cheek, Nose (Chloasma)	-Nervousness -Symptoms associated w/ the nerves / muscles arounds blood vessels	↓ Appetite -Depression / Fatigue -Hypoglycemia - Libido	---	-Acne, Oily Skin / Scalp -Edema -Rash / Itching -Hirsutism - Libido	---
Cardio Complaints		Cardio Complaints		Cardio Complaints	
-Stroke / Hemiparesis -DVT / PE -Thromboembolic Ds -Capillary / Venous Dilation	---	-HTN -Dilation of Leg Veins	---	---	---

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1 = Cocci
2 = Rods
C = Capsules

Diplococci
Neisseria (G -)
S. Pneumoniae (G +)

O₂ Sensitive
S. Pneumoniae

Bacitracin Sensitive
S. Pyogenes

IMMUNIZATION SCHEDULE

Vaccine Age→	Birth	1 Mo	2 Mos	4 Mos	6 Mos	12 Mos	15 Mos	18 Mos	24 Mos	4-6 Yrs	11-12 Yrs	13-18 Yrs
Hep B	1	If mom HbSAg (-) 2				3			HepB Series Catch-up			
Dip, Tet, Pertuss			DTaP	DTaP	DTaP		DTaP			DTaP	Td	Td (c up)
HiB			HiB	HiB	HiB	HiB						
Poliovirus			IPV	IPV		IPV				IPV		
MMR						MMR #1				MMR #2	MMR #2	
Varicella						Varicella			Varicella Catch-up			
Pneumococcal			PCV	PCV	PCV	PCV				PCV		PPV
Influenza					Influenza Yearly							
Hep A									Hep A (Select Populations)			
Lead Levels						X						
Autism								X				
Hemoglobin						9 Mos						

Oral Contraceptive Pills

How to Use: Patient comes in w/ complaints on other side of this card. You see if Estrogen, Progesterone, or Androgen can be adjusted using the below table.

OCP Name (Alternate Name(s))	Estrogen	Progester	Androgen	Endometrial
Micronor / Nor-QD (Camila, Errin, Jolivet, Nora-be); Overette	No	Low	Low	Low
Lybrel, Alesse (Aviana, Lessina, Levite, Lybrel, Lutera, Stonyx)	20 mcg	Low	Low	Low
Brevicon, Medicon (Necon 0.5/35, Nortrel 0.5/35); Tri-Norinyl (Aranelle)	35 mcg	Low	Low	Low
OrthoTri-Cyclen LO	25 mcg	Low	Low	Intermed
Triphasil (Empresse, Tri-Leven, Trivora); OrthoTri-Cyclen (Trinessa, Tri-Previtem, Tri-Sprintec); Ortho-Cyclen (Monessa, Previtem, Sprintec); Ovcon 35 (Balziva, Femcon Fe)	32* 35 mcg	Low	Low	Intermed
Cyclessa (Velvet); Ortho-Novum Z/ZZ (Nortel 7/7/7); Ortho-Novum 10/11 (Necon 10/11, Nelora 10/11)	25* 35 mcg	Intermed	Low	Intermed
LoOval (Cryselle, Low-Ogestrel); Nordette (Levien, Lavora, Portia); Norinyl (Ortho-Novum 1/35 (Necon 1/35, Nortel 1/35))	30-35* mcg	Intermed	Intermed	Intermed
Norinyl ; Ortho-Novum 1/50 (Necon 1/50, Nortel 1/50) ← 50 mcg Mestranol, not estrogen	50 mcg	Intermed	Intermed	Intermed
Norlestrin 1/50 ; Ovcon 1/50 ← 50 mcg Estrogen	50 mcg	Intermed	Intermed	Intermed
Loestrin 1/20 (Junel 1/20, Microgestin 1/20); Loestrin 1/24 ; Loestrin 1.5/30 (Junel 1/50, Microgestin 1/50); Estrostep ; Quasense ** ; Seasonale ** ; Seasonique **	20* 30 mcg	Inter/High	Inter/High	Intermed
Yasmin ; Yaz	20* 30 mcg	High	None	Intermed
Demulen 1/35 (Keilor, Zovia 1/35)	35 mcg	High	Low	Low
Mercette (Kairva); Desogen ; Ortho-Cept (April, Reclipsen)	22* 30 mcg	High	Low	Intermed
Demulen 1/50 (Zovia 1/50)	50 mcg	High	Low	Intermed
Ovral (Ogestrel)	50 mcg	High	High	High

Underlined* = Multiphasic

Underlined+ ** = Extended Cycle

* = Which estrogen level it is associated with (i.e. Triphasil = 32 mcg estrogen)

Source: Managing Contraceptive Pill Patients, 13th Edition, 2007

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