



Department:	Obstetrics and Gynecology (Ambulatory Care)		
Document:	Departmental Policy and Procedure		
Title:	Contraception		
Applies To:	All Obstetrics and Gynecology Staff		
Preparation Date:	January 08, 2025	Index No:	L&D-DPP-059
Approval Date:	January 22, 2025	Version :	2
Effective Date:	February 22, 2025	Replacement No.:	L&D-DPP-059(1)
Review Date:	February 22, 2028	No. of Pages:	2

1. PURPOSE:

- 1.1 To describe the procedure for patients requesting contraception.

2. DEFINITIONS:

- 2.1 **Depo Provera-** is a long-acting type of birth control utilizing just the progestin hormone.

3. POLICY:

- 3.1 Gynecological outpatient clinics will provide care to patients referred from the other outpatient clinics seeking contraception.
- 3.2 The gynecologist will carefully and thoroughly discuss with the patient the benefits and complications of this method of contraception and should be documented on the patient medical record.
- 3.3 A current full history and physical examination is required prior to ordering any contraceptive method and should be documented on the patient medical record.

4. PROCEDURE:

- 4.1 The methods normally offered are:
 - 4.1.1 Hormonal contraception-oral.
 - 4.1.2 Intrauterine devices.
 - 4.1.3 Depo-Provera.
 - 4.1.4 Others.
- 4.2 For insertion of IUD:
 - 4.2.1 Normally an open appointment between days 3-6 of the next menstrual cycle will be given for insertion.
 - 4.2.2 Follow up check will be performed:
 - 4.2.2.1 6 weeks post insertion.
 - 4.2.2.2 Yearly thereafter by the physician.
 - 4.2.2.3 If any complications such as an abnormal discharge, severe pain beyond cramping, inability to detect filament on self-examination or any other problem.
- 4.3 Prescribing hormonal contraception:
 - 4.3.1 The lowest effective dose of oral contraceptive will be chosen.
 - 4.3.2 Blood pressure and weight will be taken by the clinic nurse and recorded every patient visit.
 - 4.3.3 Follow up visit will schedule every six months by the physician.
- 4.4 Commencing Depo-Provera:
 - 4.4.1 150 mg of Depo-Provera is given stat and this is repeated every twelve weeks.
- 4.5 Upon discharge from the clinic, patient must be referred from GP or specialist for a re-visit.

5. MATERIALS AND EQUIPMENT:

5.1 N/A

6. RESPONSIBILITIES:

6.1 Physician

6.2 Nurse

7. APPENDICES:

N/A

8. REFERENCES:

8.1 World Health Organization Updates Guidance on How To Use Contraceptives. WHO Expert Working Group. April 2005. Issue No.4.

8.2 Guidelines for Obstetrics & Gynecology, Ministry of Health, 2013.

9. APPROVALS:

	Name	Title	Signature	Date
Prepared by:	Ms. Afrah Saud AlSweilem	Head Nurse of OBS-OPD		January 08, 2025
Prepared by:	Dr. Abdalla Mohamed Albasha	Obstetrician and Gynecologist		January 08, 2025
Reviewed by:	Dr. Mohannad Yaghmour	Head of the Department		January 12, 2025
Reviewed by:	Mr. Sabah Turayhib Al - Harbi	Director of Nursing		January 13, 2025
Reviewed by:	Dr. Thamer Naguib	Medical Director		January 14, 2025
Reviewed by:	Mr. Abdulelah Ayed Al - Mutairi	QM&PS Director		January 15, 2025
Approved by:	Mr. Fahad Hezam Al - Shammari	Hospital Director		January 22, 2025