

# Top 10 questions you shouldn't be afraid to ask

Here are **10 questions** that you may want to ask your doctor if you feel unsure about the right choice contraceptive choice for you.

- 1** How many methods of contraception are there and what are their pros and cons?
- 2** I am not planning on having children for years, what contraceptive options are good for me?
- 3** Are there particular contraceptive pills that would suit me more than others and why?
- 4** What are the side-effects that I should be mindful of with the different forms of contraception?
- 5** If I am not getting on with my contraceptive, how long should I try to stick with it before changing?
- 6** If I don't opt for a hormone based contraceptive, what other alternatives are available and how effective are they?
- 7** Do I have to wait for the first day of my period to start contraception or can I start immediately?
- 8** If I ever want to get pregnant when should I stop my contraceptive?
- 9** Are there any natural methods of contraception and how effective are they?
- 10** What should I do if I think my contraception method has failed?