

Next Appointment/Reason

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Circle the first day of your menstrual period each month.

Year: _____

Jan.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29		
Mar.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Apr.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jun.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Jul.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aug.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sep.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Oct.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Nov.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Dec.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Date of Immunizations:

Tetanus (TD or Tdap) _____

(Tetanus-Diphtheria or Tetanus-Diphtheria-Pertussis)

MMR _____

Rubella _____

Hep A _____

Hep B _____

Varicella _____

HPV _____

Flu _____

Depo-Provera Warning Signs

- Repeated, very painful headaches
- Heavy bleeding
- Depression
- Severe, low stomach pain
- Pus, long-lasting pain or bleeding at the site of the shot

Oral Contraception (Pills)

Warning Signs

- Stomach pain (severe)
- Chest pain (severe, cough, shortness of breath, sharp pain when you breathe in)
- Headache (severe, dizziness, weakness or numbness, especially if on one side)
- Eye problems (vision loss or blurring), speech problems
- Severe leg pain (calf or thigh)

Emergency Contraception

If **your birth control fails**, or you have **sex without using birth control** and do not want to get pregnant:

Call the family planning clinic as soon as possible.

- Ask about: Emergency contraception.
- It can **reduce the risk of pregnancy** when you take it within 120 hours (5 days)
- If the clinic is closed you can buy some brands of emergency contraception at the pharmacy - without a prescription and with no age restrictions.
- Or you can visit one of these websites to have emergency contraception pills mailed to you:
 - PRJKT Ruby: <https://www.prjktruby.com/emergency-contraception/>.
 - Nurx: <https://app.nurx.com/>.

Women's Health Clinic

(Agency Stamp)

For Appointments Call:

Weekends or Emergencies, Call:

Name: _____

Medical Record # _____