Contraceptive pill checks

**Thank you for:**

* **providing** **your** [ ]  **blood pressure** [ ]  **height** [ ]  **weight measurements.**
* **having your** [ ]  **blood pressure** [ ]  **height** [ ]  **weight measured at the pharmacy.**

**Why do I need to get my blood pressure, height and weight checked?**

* In order to provide the contraceptive pill safely, it is important for the pharmacist to be aware of other health matters that may affect your contraceptive options.
* Use of some oral contraceptives could cause a small chance of increased blood pressure.
* Your height and weight is used to calculate your body mass index (BMI). It provides a useful indication of whether your weight is healthy.

**Blood pressure – know your numbers**

Blood pressure is the force of your blood moving against the walls of your arteries. It is expressed as two numbers, one above the other:

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**Your blood pressure reading:**

**Date:**

**Body Mass Index – know your numbers**

For most adults, a BMI of:

**Under 18.5 means you are underweight**

**18.5 to 24.9 means you are a healthy weight**

**Your height:**

**Your weight:**

**Your BMI:**

***(Calculated by the pharmacy)***

**25 to 29.9 means you are overweight**

**30 to 39.9 means you are obese**

**40 or above means you are severely obese**

**Pharmacy details:**

**Further information**

[www.nhs.uk/conditions/blood-pressure-test/](http://www.nhs.uk/conditions/blood-pressure-test/)

[www.nhs.uk/live-well/healthy-weight/bmi-calculator/](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)