

Contraceptive pill checks

Thank you for:

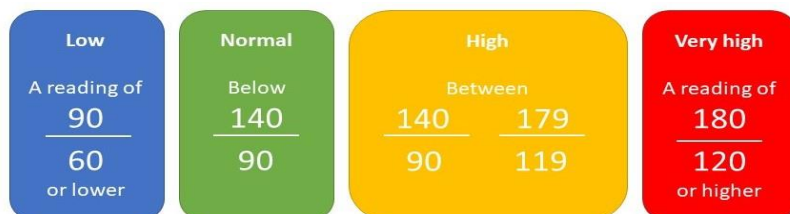
- providing your blood pressure height weight measurements.
- having your blood pressure height weight measured at the pharmacy.

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:

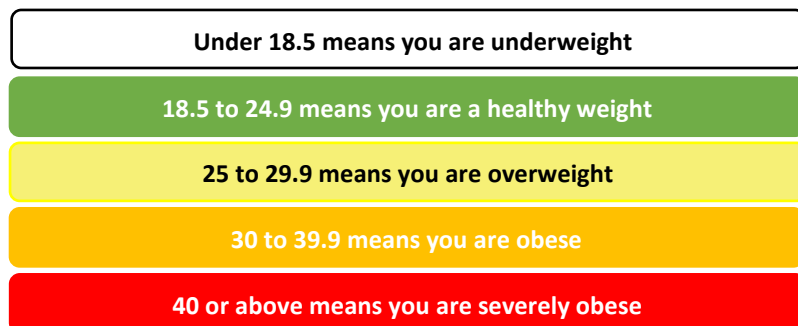


Your blood pressure reading:

Date:

Body Mass Index – know your numbers

For most adults, a BMI of:



Your height:

Your weight:

Your BMI:

(Calculated by the pharmacy)

Pharmacy details:

Further information

www.nhs.uk/conditions/blood-pressure-test/

www.nhs.uk/live-well/healthy-weight/bmi-calculator/