

Contraceptive Care Best Practices During COVID-19

A Guide for Pharmacies

Don't let postponed or cancelled appointments keep your patients from accessing their birth control. Make sure your pharmacy is doing everything it can to provide safe contraceptive care and services.

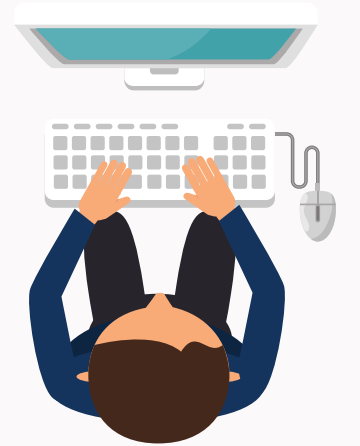
Prescribe & Dispense Max Quantities.

Pharmacists should prescribe and dispense the maximum amount of refills and quantities approved by the state to minimize patient visits to the pharmacy.



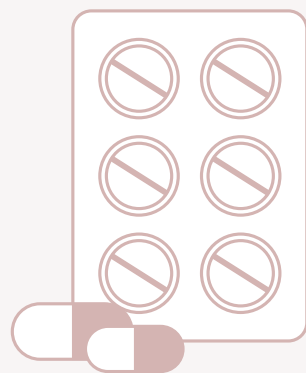
Anticipate Patient Needs.

Patient charts and profiles should be proactively reviewed to ensure birth control inventory can fulfill prescriptions due for refills.



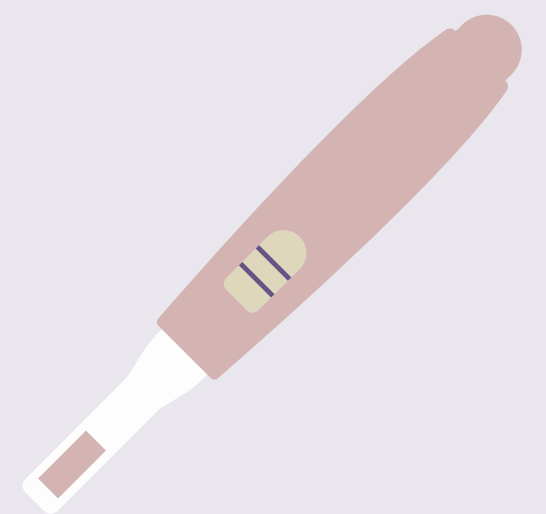
Authorize Emergency Refills.

Facilitate emergency refills as permitted by state-specific COVID-19 pharmacy executive orders.



Supply Condoms, Emergency Contraception & Pregnancy Tests.

Encourage patients to have a supply of OTC family planning products on-hand. Check out [this](#) emergency contraceptive guide.



Promote Curbside, Delivery & Mailing.

Don't let patients forgo their birth control or overpay online because they're uncomfortable going to the pharmacy. Use [our](#) toolkit to promote your services.



Utilize Telehealth.

Certain HIPAA regulations have loosened and some health plans are covering telehealth visits. Initiate birth control, provide video instruction, and assess current methods without patients visiting the pharmacy.



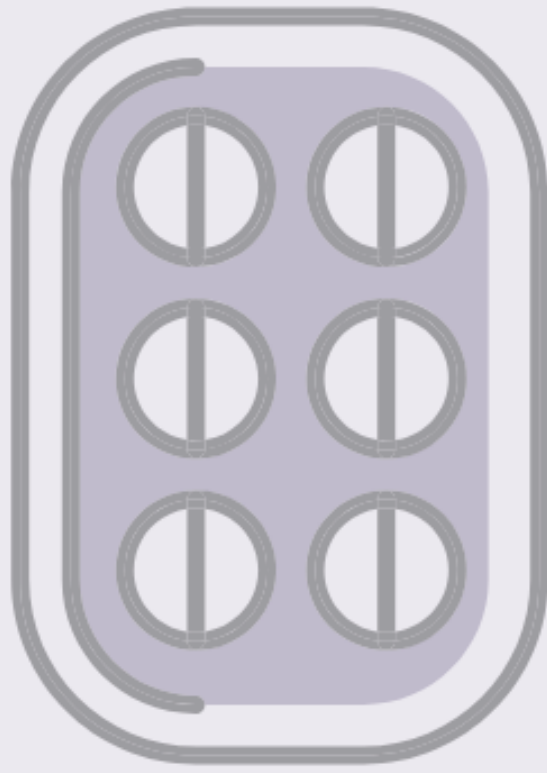
Communicate Safely & Effectively.

Proactively contact patients to assess current method and readiness for birth control refill via emails, calls, and automated texts.



[Learn more at birthcontrolpharmacist.com/COVID](https://www.birthcontrolpharmacist.com/COVID)

Pharmacist Considerations for Birth Control Initiation During COVID-19



Prescribe a 12-month supply of refills to limit visits to the pharmacy during a public health emergency. Dispensing the maximum supply permitted by insurance will prevent gaps in contraceptive care when patients are unable to regularly visit the pharmacy to pick-up refills.

METHOD

COVID-19 Considerations

COMBINED HORMONAL CONTRACEPTIVES

(COMBINED ORAL
CONTRACEPTIVES,
PATCH, RING)

Encourage patients to consider a progestin only contraceptive if they're unable to visit the pharmacy for a blood pressure screening. Ask patients if they are interested in an alternative birth control method.

PROGESTIN ONLY CONTRACEPTIVES

(PROGESTIN ONLY
PILLS, IUDS, IMPLANTS,
DMPA-IM AND DMPA-
SQ)

Do not require a blood pressure reading to be prescribed and therefore are an ideal option when providing contactless care.

Read more about the [DMPA-SQ injection](#) contraceptive method.