Chapter 48. Contraception, Self-Assessment Questions

1. All of the following are the functional phases of the menstrual cycle except:
   A. Follicular
   B. Ovulatory
   C. Implantation
   D. Menstrual

2. Rapid return of fertility would be least likely to occur upon discontinuation of which of the following contraceptives:
   A. NuvaRing
   B. Depo-Provera
   C. Yasmin
   D. Ortho Evra

3. COCs work by inhibiting ovulation. The progestin component of COCs works mainly by suppressing which of the following hormones:
   A. Gonadotropin-releasing hormone (GnRH)
   B. Luteinizing hormone (LH)
   C. Follicle-stimulating hormone (FSH)
   D. Growth hormone (GH)

4. Potential risks associated with the use of oral contraceptives include all of the following except:
   A. Venous thromboembolism
   B. Hypertension
   C. Gallbladder disease
   D. Breast cancer
5. Which of the following is considered to be an *absolute contraindication* to the use of COCs?

A. Smoking 10 cigarettes per day  
B. History of migraine headache disorder without aura  
C. Postpartum 2 weeks following delivery  
D. Uterine fibroids

6. If a woman has breakthrough bleeding or spotting that continues beyond her normal menses, what would be the most appropriate suggestion to decrease this side effect?

A. Increase progestin dose  
B. Decrease progestin dose  
C. Increase estrogen dose  
D. Decrease estrogen dose

7. Which of the following COCs is FDA-approved for the treatment of PMDD?

A. Yaz  
B. Yasmin  
C. Seasonique  
D. Loestrin 24 Fe

8. Unlike COCs, which of the following risks has not been associated with progestin-only pills?

A. Hypertension  
B. Venous thromboembolism  
C. Headaches  
D. Acne

9. Which of the following medications may increase metabolism of COCs, decreasing their efficacy?

A. Phenytoin
B. Alprazolam
C. Prednisone
D. Tetracycline

10. Select the agent most likely to have its metabolism increased by a COC.
A. Theophylline
B. St. John’s wort
C. Rifampin
D. Lamotrigine

11. The use of oral contraceptives has been linked (either directly or indirectly) to a decrease in the risk for which of the following types of cancer?
A. Endometrial cancer
B. Cervical cancer
C. Hepatocellular cancer
D. Breast cancer

12. Which of the following oral contraceptives is available by prescription only?
A. Plan B One Step
B. My Way
C. ella
D. Next Choice One Dose

13. Which of the following is not an example of an extended-cycle contraceptive?
A. Loestrin 24 Fe
B. Seasonique
C. Yasmin
14. The most effective fertility awareness–based contraceptive method is thought to be the:
   A. Calendar (rhythm) method
   B. Temperature method
   C. Cervical mucous method
   D. Symptothermal method

15. Contraceptives that can prevent both pregnancy and STIs include:
   A. Diaphragms
   B. Condoms
   C. Intrauterine devices
   D. Both A and B
Answers

1. C
2. B
3. B
4. D
5. C
6. C
7. A
8. B
9. A
10. D
11. A
12. C
13. C
14. D
15. B