

Pharmacy Contraception Service: Online information sources for service users

When pharmacists are providing a consultation for the Pharmacy Contraception Service, there are websites that individuals can be signposted to which are recommended in the service specification.

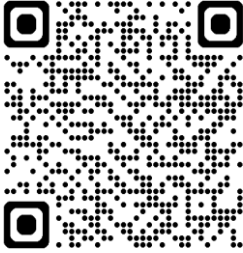

These websites may assist individuals in obtaining further information and advice to improve their understanding about contraception and sexual health.

Where provided ahead of the consultation, they may assist the individual with selecting a contraceptive that best meets their needs or help them to narrow the options they wish to discuss with the pharmacist. The websites may also be used as shared decision-making contraception consultation tools.

To support any oral contraceptive supplied, pharmacists should signpost service users to the marketing authorisation holder's patient information leaflets (hard copies will be available within the medicine's packaging, with copies also being available from [medicines.org.uk/emc](https://www.medicines.org.uk/emc)).

Hyperlinks to the websites are listed below, alongside QR codes for each website. Service users can scan the QR code to access the website link on their mobile phones.

Information sources to obtain additional information and advice to improve understanding about contraception and sexual health

Sources	
<p><u>Your contraception guide</u></p> <p>Aims to give practical information to everyone who wants to know more about contraception, or who may have a question about the method they use or are thinking about using.</p>	
<p><u>Contraception Choices</u></p> <p>Aims to help women and couples decide which method of contraception might suit them best. The site provides honest information on the advantages and disadvantages of each method, and tackles concerns directly.</p>	
<p><u>Brook</u></p> <p>Brook is a charity supporting people with their sexual health and wellbeing. They offer a range of services to support their mission of helping people to live healthier lives.</p> <p>It provides advice on:</p> <ul style="list-style-type: none"> ▪ <u>Contraception</u>; ▪ <u>STIs</u>; ▪ <u>Gender</u>; ▪ <u>Abuse & violence</u>; and ▪ <u>Pregnancy</u>; ▪ <u>Relationships</u>; ▪ <u>Health & wellbeing</u>; ▪ <u>More</u>. 	