**Template news story to be included on a GP practice, pharmacy or sexual health clinic website**

**Need a supply of oral contraception?**

If you’re already taking oral contraception (the pill) or looking for your first supply, you can now arrange a confidential consultation at a local participating pharmacy.

You can walk into a participating pharmacy to find out more or you may be referred by your general practice, or a sexual health clinic / our staff may also refer you to the service if you contact us [delete as appropriate] if they believe it is appropriate for you to be seen by a pharmacist.

This is a free NHS service, including any supply of oral contraception.

You do not need to be registered with a GP to use this service.

You can use the service if you need to:

* Start the pill for the first time;
* Take the pill again after a break from using it; or
* Access an ongoing supply of your pill.

**What to expect?**

You’ll speak with a pharmacist in a private consultation room. They’ll ask about your health and may check your height, weight and blood pressure.

If starting the pill for the first time, the pharmacist will help you consider and select an appropriate option. The pharmacist will explain how to take the pill and discuss possible side effects. They can refer you to your GP or sexual health clinic if needed.

If the pharmacist gives you the contraceptive pill they will tell your GP, but only if you give permission for them to do so.

The pharmacist may offer you the:

* combined pill (up to and including 49 years of age)
* progestogen-only pill (up to and including 54 years of age)

To find a pharmacy delivering this service please search ‘**Find a pharmacy**’ or click on the link: [Find a pharmacy](https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy-offering-contraceptive-pill-without-prescription)