

Pharmacy Contraception Service: Online information sources for service users

When pharmacists or pharmacy technicians are providing a consultation for the Pharmacy Contraception Service, there are websites that individuals can be signposted to for further information and which are also 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.

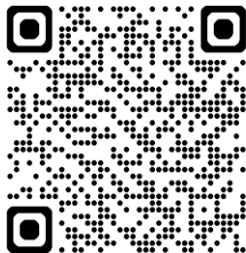


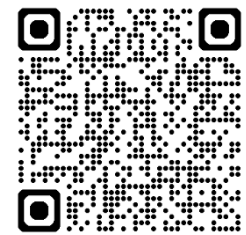
Where provided ahead of a consultation for oral contraception, they may assist the individual with selecting a contraceptive that best meets their needs or help them to narrow the options they wish to discuss with the pharmacist or pharmacy technician. Some of the websites may also be used as shared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


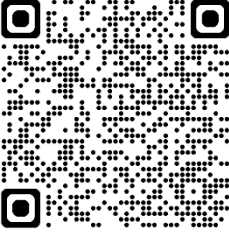
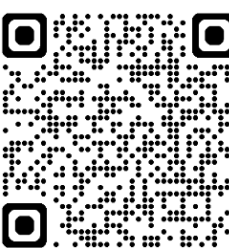
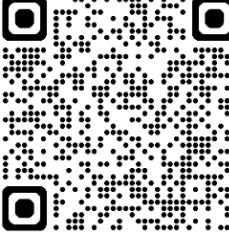
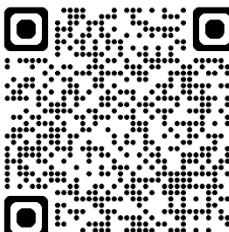
To support any oral contraceptive supplied, pharmacists and pharmacy technicians should signpost service users to the marketing authorisation holder's patient information leaflets (hard copies will be available within the medicine's packaging, with copies also being available from [medicines.org.uk/emc](https://www.medicines.org.uk/emc)).

Where appropriate, consultations should provide additional support and advice, including advice on the avoidance of pregnancy and sexually transmitted infections (STIs) through safer sex and condom use. This may include signposting individuals to other information sources regarding pregnancy prevention and diagnosis and management of STIs.

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	QR code
<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>. 	
<p><u>Emergency contraception – NHS</u></p> <p>Advice on emergency contraception options.</p>	

<p><u>IUD (intrauterine device) or copper coil – NHS</u></p> <p>Information about an IUD.</p>	
<p><u>How well contraception works at preventing pregnancy – NHS</u></p> <p>Effectiveness of contraception at preventing pregnancy.</p>	
<p><u>Sexually transmitted infections (STIs) – NHS</u></p> <p>Provides information on STIs and where advice, screening and treatment can be sought.</p>	
<p><u>Find a sexual health clinic – NHS</u></p>	
<p><u>Find free condom services – NHS</u></p>	
<p><u>Help after rape and sexual assault – NHS</u></p> <p>Sexual assault referral centres (SARCs) offer medical, practical and emotional support to anyone who has been raped, sexually assaulted or abused. The site includes how to find the nearest SARC.</p>	