CONTRACEPTION DURING THE COVID-19 PERIOD

In the midst of the COVID-19 pandemic, access to general practitioners and sexual health clinics may be more difficult. You may be concerned about how you will be able to continue to plan your family moving forward or be wondering about the effect the virus may have on a developing baby. In this time of uncertainty, we would like to offer you advice regarding prevention of unplanned pregnancy. If you need a new or repeat prescription for oral contraception, please contact your local GP for a telephone consultation for quidance.

The Archway Sexual Health Clinic is still open and will see walk-ins from 9.30-12.30 Mon-Fri if you need emergency contraception. If you think you have been exposed to HIV in the last 72 hours, post exposure prophylaxis is also available at the Archway Sexual Health Clinic. The economic impact of COVID-19 is unclear, but it may result in shortages of contraceptive options, including oral contraceptives and condoms.



USEFUL LINKS

-For information on progesterone intrauterine device, copper T intrauterine device, implant, combined pill, progesterone only pill and contraceptive injection, please visit https://www.nhs.uk/conditions/contraception/

-For termination of pregnancy information, please visit https://www.bpas.org/

Patient advice and liaison service (PALS) If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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CONTRACEPTION DURING COVID-19

A patient's guide



EMERGENCY CONTRACEPTION

If you have had sexual contact that may result in an unwanted pregnancy in the last 5 days, emergency contraception is still available via telephone consultation with GPs and the Archway Centre.

Depending on the timing of the contact and where you are in your cycle, you may be offered oral emergency contraception of insertion of a copper coil.

LONG-ACTING REVERSIBLE CONTRACEPTION

These include intrauterine contraceptive devices (IUDs, also known as coils) and the contraceptive implant. These provide excellent long-term contraception.

The Nexplanon is a progesterone implant that goes into your arm. It is usually removed after 3 years but is effective for up to 4 years. This can make your periods lighter and less painful.

IUDs are placed into your womb and either use copper or progesterone to prevent pregnancy. They can be placed immediately after you have given birth or anytime 6 weeks afterwards. Copper containing IUDs can be used as emergency contraception. Some copper IUDs last up to 12 years and the Mirena or Levosert for up to 6 years. If you already have one of these, you can think about having these removed or replaced after the COVID crisis.

If you have a copper coil licenced for 5 years, a Jaydess or Kyleena coil, or you are beyond the time limits above, you will need to use condoms or the progesterone only pill until you can have them removed. Two weeks after you've had the IUD placed, you will need a quick visit to check that the IUD is still in place. For more information see the back panel.

OTHER CONTRACEPTION

Combined oral contraception requires that your weight, height and blood pressure be measured in the previous 12 months. The progesterone only mini pill does not require this and is an effective form of contraception that would be easily available. If you think oral contraception is the best option for you, please contact your GP for a telephone consultation. They can then place an electronic prescription to collect from your local pharmacy. If you have just had a baby, we will be able to start progesterone only contraception on your discharge from hospital.

The contraceptive injection is also available. In some areas it may be available for self-administration.

Remember that the above contraceptive options do not protect you from sexually transmitted diseases. Please use condoms to protect yourself from STDs if this a concern to you

COMPLICATIONS

If you have any concerns with regards to pain and bleeding, please contact your GP for a telephone or video consultation to determine if you need to be seen.

TERMINATION OF PREGNANCY

Termination services will still be available. You can contact you GP for referral or you can self-refer to your local services. In view of the risk of exposure to COVID-19 in hospitals, we are recommending medical terminations or manual vacuum aspiration termination to avoid anaesthetic.

