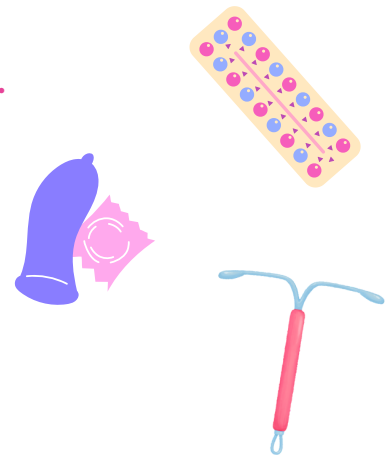




# Contraception

Contraception is what is used to prevent pregnancy and sexually transmitted infections. They are many different types. These include.

- Diaphragms or Caps.
- The Pill - either combined or progesterone only.
- Condoms - male and female.
- Contraceptive Implant
- Contraceptive Injection
- Contraceptive patch.
- IUD (Intrauterine device or Coil).
- IUS (Intrauterine system or hormonal coil).
- Natural family planning (Fertility Awareness)
- Vaginal ring



There is also permanent sterilisation (**vasectomy for men**).

There is also emergency contraception designed to be used after unprotected sex or if another method is suspected of having failed.

People decide on which works based on various factors including preference, age, smoking status, medical history and if on any medication.

The following websites will show where in Kent and Medway advice can be found.

<https://www.kent.gov.uk/social-care-and-health/health/sexual-health/find-a-clinic>

<https://www.cloverstreet.nhs.uk>

In recent times changes have been made due to the 'Pharmacy first' reforms the NHS has been undertaking. In these reforms Pharmacists have been made the first port of call for care in the community for a wide range of issues including contraception.

While Pharmacists have been the main place to get Condoms for many years the new changes will allow Pharmacies to prescribe Oral contraceptives without involving a GP. This is said to save time and money in healthcare in the UK.

People can access the service in several ways.

One by being judged by a pharmacist as clinically suitable for care.

Another way is to self-refer to community pharmacist. Another way is a GP refers after a repeat prescription is prescribed. Another is a referral by a sexual health clinic.

Finally, referrals from other NHS service providers - urgent treatment centres and NHS 111 are the main ones.

It covers both types of the pill. The dispensation of oral contraceptives under this change is known as Tier 1 treatment and is currently only done at trained locations across the UK.

Meanwhile Tier 2 changes will allow a pharmacist to dispense oral contraceptives without approval from a GP or nurse practitioner.

Trials are then expected to progress further with Tier 3 to allow the monitoring and management of the long-acting reversible contraception (LARC). Tier 3 trials will exclude IUS and IUS. Then after that Tier 4 will allow the dispensation of the LARC's by a pharmacist without a GP or a nurse practitioner prescribing them.

Pharmacists are trained to undertake the reforms covered by Pharmacy and are learning what is not suitable for them.

Booking systems are said to be needed to be updated to improve functionality of the system. It is believed IUS and IUD are not included due to the intimate nature of fitting them requiring trained nurses rather than a pharmacist.

Across Kent and Medway, there are several places to get Contraception. There are pharmacies that offer free emergency hormonal contraception for under 30's. This is funded by Kenny Community Health Sexual Health Department

There are also various other schemes which the attached links might give more guidance and help about.

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[NHS UK](#)

[NHS UK](#)

[NHS UK](#)

[Kent County Council](#)

[Kent Community Health](#)

[Maidstone and Tunbridge Wells NHS TRUST](#)

[NHS England](#)

[University Medical Centre](#)

[NHS Clover Street](#)

[Kent Youth Health](#)

[Medway Council](#)

[Medway Integrated Sexual Health Service](#)

[NHS Medway](#)

[Bump, Birth and beyond](#)

[Pharmacy First](#)

