

Pregnant... What Next?

When you first find out you are pregnant you should contact a Midwife through your local hospital's Maternity Team for your first appointment.

Pregnancy concerns and abortion

If you are unsure about continuing your pregnancy, information and support is offered from the local Maternity services on 01851 708300 or using the anonymous text service (0776 993 2189). If required, a discreet meeting can be arranged outwith hospital premises before the first appointment. You may also wish to contact the Western Isles Pregnancy Crisis Support Service, tel. 07901 966 101.

If you are sure about terminating your pregnancy, abortion services can be accessed through your local Maternity services on 01851 708300 or your GP, using the anonymous text service (0776 993 2189) or directly through the Social Gynaecology Service at Inverness, tel. 01463 704431 (available on Tuesday and Wednesdays), or The Sandyford Clinic at Glasgow, tel. 0141 211 8620.

Additional information can be viewed via NHS Inform's Abortion: Tests and Treatment section, or the Pregnancy Advisory Service website.

**Your confidentiality is assured
at all times.**

NHSWI Contacts

Lewis (01851)

Group Practice 703145
Broadbay Medical Practice 703588
Langabhat Medical Practice 860222
Western Isles Hospital 704704
Health Promotion Department 762017

Harris (01859)

North Harris Medical Practice 502421

South Uist (01878)

South Uist Medical Practice 700302

Barra (01871)

Barra Medical Practice 810282
St. Brendan's Hospital 812021

Useful Weblinks

NHS Western Isles www.wihb.scot.nhs.uk
NHS Inform www.nhsinform.scot
Sexual Health Scot. www.sexualhealthscotland.co.uk
Cool2Talk www.cool2talk.org
Abortion (NHS Inform) <https://bit.ly/3FP8KD2>
Family Planning Assoc. www.fpa.org.uk
Brook www.brook.org.uk
Avert www.avert.org
Terrence Higgins Trust www.tht.org.uk
National AIDS Trust www.nat.org.uk

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:
www.wihb.scot.nhs.uk/feedback or share your story at:
www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Sexual Health, Family Planning and Contraceptive Services



Information on accessing sexual health, family
planning and contraceptive services in the
Western Isles

Introduction

NHS Western Isles offers family planning services, information, advice and contraceptive supplies, free of charge throughout the Western Isles.

There are many different contraceptive methods available, and it is worth taking the time to find out more about each one so that you can choose the best method to suit you.

**It is important to get
contraception sorted out
before you start having sex.**

Condoms and Lubricant

Free condoms and lubricant gel are provided by NHS Western Isles and are available from a number of locations. These include:

- GP Surgeries throughout the Western Isles
- Pointers Youth Cafe
- Health Promotion (Stornoway and Benbecula)

No appointment is necessary and items can be collected as and when required.

**Condoms and lubricant gel can also
be posted out discreetly from the
Health Promotion Department on
request. Simply telephone (01851)
762017 or visit 'HIRS Western Isles'
on Facebook.**

Family Planning Services

Family planning services offer free contraception and family planning advice.

Family planning and sexual health appointments can be booked at any GP Practice, even if it is not at your own regular GP Practice. Simply request a sexual health appointment when booking.

Lewis & Harris

Free contraceptives are available from GP Surgeries (even if it is not your own GP), Hospitals, and Health Promotion Departments.

A Family Planning Clinic is available on an appointment basis at the Western Isles Hospital in Stornoway. To book your appointment tel. 708305.

Uists & Barra

In the Uists and Barra, family planning services are provided by GP Practices.

**Family planning and sexual health
appointments can be booked at any
GP Practice, even if it is not at your
own regular GP Practice.**

Emergency Contraception

Emergency contraception can be obtained free of charge from local Emergency Departments, all pharmacists, or dispensing GP Practices.

Emergency oral contraception can be taken up to 72 hours of having unprotected sex, **but it is more effective the sooner it is taken**. However, between 72hrs and 120hrs (5 days) a copper coil can be inserted for emergency contraception.

Emergency contraception can be obtained free of charge from local Emergency Departments, all pharmacists, or dispensing GP Practices.

If you require emergency contraception from a GP Practice, please inform the receptionist you require an Emergency Appointment when booking.

Pregnancy Testing Kits

Pregnancy Test Kits are available free of charge for confidential collection from the Health Information & Resources Service.

Tests can also be posted out discreetly from the Health Promotion Department on request by telephoning (01851) 762017, or Health Promotion (Uists) (01870) 603156.

Sexually Transmitted Infections

Sexually Transmitted Infections (STIs) are bacterial or viral infections which are spread through unprotected sexual contact.

STIs are common and can go unnoticed after a person is infected, as often they show no symptoms. If you are concerned and have had unprotected sex, you should see your GP for an STI test.

STIs are tested through urine, blood or swab. STIs are often easy to get rid of, but if left untreated may cause serious damage to long-term health and fertility. If there is a chance you may have an STI, it's always better to be tested.