

Sexual Health

We offer free Chlamydia screening to any young person, please speak in confidence to a Doctor or Nurse or you may email your request to loxwood.billingshursttxt@nhs.net.

Contraceptive prescriptions are FREE.

It can be hard to decide if you should have sex or not, but in the end it's what's right for you and only you can answer that. It's your body, your choice and your right to say no. There are lots of new things to think about such as contraception, pregnancy and sexually transmitted infections, and our doctors and nurses can advise you on these.

Babies – to keep the risk of pregnancy low, you or your partner need to use a reliable contraceptive. There are many different ones and the doctor or nurse can help you decide what is best for you, but condoms are the only form of contraception that cover all risk areas.

If you have had unprotected sex, or your method of contraception has failed, you can contact us for free, emergency contraception. Preferably this must be within 24 hours.

Signs of pregnancy can include, missed periods, tender breast and feeling or being sick. You can get a pregnancy test kit from many chemists and pharmacies. If you think you may be pregnant book an appointment with one of our doctors as soon as possible, you have big decisions ahead and we are here to help you and your partner.

Sexually transmitted infections – Not all infections have any symptoms, so you or your partner may have one and not know it. Anyone who is having sex, young or old, male or female, gay or lesbian can have a sexually transmitted infection. 'Safe' sex is the only way to prevent you from possible risk.

Some of the more common infections are

- Chlamydia
- Herpes
- Genital Warts
- Gonorrhoea (sometimes known as the clap)

Warning signs or symptoms of infection could be any unusual discharge, rashes, itchininess, sores, blisters, pain or a burning sensation when you pass urine or passing urine more frequently.

The good news is that if discovered early, most of these infections can be easily treated. Some can cause serious long-term problems such as infertility in women if left untreated.

More serious sexually transmitted infections, like HIV the virus which leads to AIDS, can be prevented if you have 'Safe' sex and use a condom.

We can supply you with **FREE** condoms, just ask at our dispensary. We have leaflets on how to use a condom correctly and sexual health. We also have discreet, Chlamydia screening test kits available, which have easy to follow instructions, urine test kit and a Freepost box to post your kit back.

If you are aged 13 – 24, you can also register for a C-Card visit <http://card.areyougettingit.com/Default.aspx> which allows you to receive FREE condoms where you see the logo. The web site is also full of information about sex, relationships and sexually transmitted infections.

