

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.

An anonymous Text Service (0776 993 2189) is offered for anyone who has any pregnancy issues, even before meeting their Midwife. If required, a discreet meeting can be arranged outwith hospital premises before the first appointment.

If you are unsure about continuing your pregnancy, information and support is also offered from the Western Isles Pregnancy Crisis Support Service, tel. 07901 966101, or the Social Gynaecology Service, Inverness, tel. 01463 704431.

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

NHSWI Contacts

Lewis (01851)

Group Practice	703145
Habost Clinic	810689
Broadbay Medical Practice	703588
Langabhat Medical Practice (North Lochs)	860222
Langabhat Medical Practice (Uig)	672283
Langabhat Medical Practice (Paic)	880272
Langabhat Medical Practice (Borve)	850282
Langabhat Medical Practice (Carlway)	643333
Western Isles Hospital	704704
Health Information & Resources Service	701545

Harris (01859)

North Harris Medical Practice	502421
South Harris Medical Practice	520278

North Uist (01876)

North Uist Medical Practice	500333
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Benbecula (01870)

Benbecula Medical Practice	602215
Uist & Barra Hospital	603603
Balivanich Community Clinic	602266
Health Promotion Department	603156

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
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 www.wihb.scot.nhs.uk/feedback or share your story at - www.careopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

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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 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
- Health Information & Resources Service (HIRS)
- 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 Information & Resources Service (HIRS) on request. Simply telephone (01851) 701545 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, HIRS, and Health Promotion Departments.

A Family Planning Clinic is available on an appointment basis and held every Monday from 2pm-4.15pm at the Western Isles Hospital in Stornoway. To book your appointment tel. 763300.

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 is used when contraception has failed or in the event of unprotected sex, to prevent pregnancy.

Emergency contraception can be taken within 72 hours of having unprotected sex, **but it is more effective the sooner it is taken.**

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 Information & Resources Service on request by telephoning (01851) 701545, 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.