

Looking after your sexual and reproductive health during COVID-19

Due to the Covid-19 outbreak and in line with national NHS guidance, Locala has made changes to the delivery of our services.

Our Sexual Health Service is now telephone access only:

- If you wish to speak to a member of staff please call us on the numbers below
- You will be placed on a telephone list and phoned back by a nurse or doctor, please make yourself available.
- If your issue can be dealt with over the phone it will be, with arrangements to pick up prescriptions where needed.
- If we feel you need to come into clinic to be seen arrangements will be made

Telephone Numbers:

Kirklees - [030 3330 9981](tel:03033309981)

Bradford - [030 3330 9500](tel:03033309500)

Important information about contraception during COVID-19

Please note that the following information is changing quickly, we will do our best to keep the information on this website up-to-date.

Please note, this is general information, if you are concerned that it does not apply to you, please contact us for a telephone consultation

STARTING CONTRACEPTION

I am wanting to start contraception

Although we are providing a reduced service during this time, it is still really important that women continue to use contraception if they are sexually active. We are still here to support you and to provide contraception. We may not be able to give you your preferred method right now, but please keep checking our website to find out when services are up and running again.

If you are starting contraception, we are most likely to offer you the mini pill. More information can be found [here](#).

There may be exceptional circumstances where we need to bring you in for another method, for example if you have certain medical problems. Please ring us and we can make this assessment over the phone.

I am wanting to have a coil (IUD or IUS) inserted

We are not routinely inserting the IUD or IUS for contraception at this time. Please refer to the section above ('I am wanting to start contraception') for further information.

I am wanting to have an implant inserted

We are not routinely inserting the Nexplanon for contraception at this time. Please refer to the section above ('I am wanting to start contraception') for further information.

I am wanting to start the contraceptive injection

We are not routinely starting people on the contraceptive injection at this time. Please refer to the section above ('I am wanting to start contraception') for further information.

I need some condoms

Please contact clinic and we can arrange for you to pick up some FREE condoms.

CONTINUING A METHOD OF CONTRACEPTION

Please note the information below is a general guide. Although we are not routinely doing procedures at this time, there may be circumstances where we will need to see you in clinic for a procedure. If you think this applies to you please contact us for further advice.

I am on the pill (or patch or vaginal ring) and want to continue

There are two types of pill

1. POP – this is the mini pill, it has one hormone and is taken every day without a break. Examples are below.

If you are on this pill, you can get a repeat prescription after a telephone consultation with one of our nurses or doctors. We can arrange for you to pick up the medication. For more information about the mini pill, including what to do if you miss a pill, [click here](#).



2. COC – this is the combined pill, it has two hormones and is often taken for 21 days with a 7 day break, although you may have been advised to take it differently. This information also applies to the contraceptive patch and the vaginal ring.

If you are on this pill and have a recent blood pressure and weight in your clinical records, we will assess your suitability over the phone and prescribe some more for you to collect if it is safe to do so. If we feel it is not safe, you may be asked to switch to the POP (see above).

For more information about the COC [click here](#)



I need to have my IUS (Mirena, Kyleena or Jaydess) changed

We are not routinely changing the IUS at this time, please view information here for the type of IUS you have for further advice.

- **Mirena**
New guidance has been issued which supports the prolonged use of Mirena for up to 6 years. If you had the Mirena inserted less than 6 years ago, you can continue to use it for contraception. The risk of pregnancy is likely to be very small. However, if you are concerned you can also use condoms or contact us to discuss adding the pill.

IMPORTANT. If you are using the Mirena for heavy periods or as part of HRT please contact us or your GP, as this information above may not apply to you.

- **Kyleena**
If your Kyleena has been in for 5 years or more, please contact clinic to discuss adding another method of contraception.

- **Jaydess**

If your Jaydess has been in for 3 years or more, please contact clinic to discuss adding another method of contraception

I need to have my IUD (copper coil) changed as it has been in for 5 or 10 years

We are not routinely changing coils at this time. If your coil has expired we would advise that you use extra precautions such as condoms until we can safely bring you to clinic to replace your coil. If you would like to have further peace of mind you can call us and we can prescribe the mini pill for you to take.

I need to have my implant changed as it has been in for 3 years or more

New guidance has been issued which supports the prolonged use of Nexplanon for up to 4 years. If you had the Nexplanon inserted less than 4 years ago, you can continue to use it for contraception. The risk of pregnancy is likely to be very small. However, if you are concerned you can also use condoms or contact us to discuss adding the pill.

I need my contraceptive injection

The contraceptive injection provides protection for up to 14 weeks (from the date of the injection). We are not routinely seeing people for repeat injections at this time, but please contact us so that we can arrange an alternative method for you.

I need some condoms

Please contact clinic and we can arrange for you to pick up some FREE condoms.

EMERGENCY CONTRACEPTION AND PREGNANCY TESTS

I need Emergency contraception

If you have had unprotected sex, a condom accident or missed pills you may need emergency contraception.

Please phone clinic so that we can discuss the most appropriate method for you. Please note you can also get some methods of emergency contraception from your local pharmacy.

For more information about emergency contraception, please [click here](#).

I need a pregnancy test

Please purchase a pregnancy test from your local supermarket or pharmacy. You can phone us if you need advice about the result.

PROBLEMS WITH CONTRACEPTION

I have missed pills and I am not sure what to do

Please look at the information below for the type of pill you are on:

1. POP – this is the mini pill, it has one hormone and is taken every day without a break. Examples are below. Please [click here](#) for what to do if you have missed a pill



2. COC – this is the combined pill, it has two hormones and is often taken for 21 days with a 7 day break, although you may have been advised to take it differently. Please [click here](#) to find out what to do if you miss a pill. We understand that it may be confusing, so please call us for advice if you are not sure what to do.



I am having problems with my method of contraception

If you are having problems with your method of contraception, please phone us so that we can assess this on the phone. In exceptional circumstances we may need to see you in clinic. We may need to remove your coil or implant in clinic if you are having serious side effects or problems.

I am wanting to have my coil (IUD/IUS) or implant removed

If you are wanting to have this removed for pregnancy, please phone to discuss.

We are not doing any routine removals at this time. We may bring you to clinic for removal of an IUD/IUS or implant if you are having serious side effects.

For further information about contraception during COVID-19, including information about abortion care and links to resources [please click here](#)