



Choose  
health!

**ML** MIDDLESEX-LONDON  
HEALTH UNIT

# The Clinic & Contraceptive Methods

Middlesex-London Health Unit

# The Clinic

- Located at: 355 Wellington St, London or 51 Front St E, Strathroy
- We offer:
  - Birth Control Counselling
  - Low cost birth control
  - Low cost emergency contraception
  - Pregnancy testing (\*based on assessment)
  - Cervical Cancer Screening (pap smears)
    - In Ontario, they are done every 3 years
  - STI/infection checks/Pelvic Pain
  - IUD consultation and insertion
  - Free condoms
  - Needle Exchange Program
- Call the Health Unit at **519-663-5317** to make an appointment

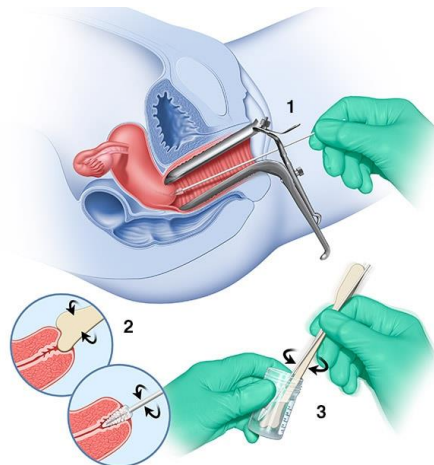


# The Clinic & Accessibility

- We use interpreter services (**Across Languages**); interpreter can be booked through us for clinic appointments
- We accept patients 50 years old and younger for our family planning clinic (no age limit on STI clinic); health card & Interim Federal Health coverage is accepted
  - If no coverage, give us a call to organize a plan

# The Clinic & Cervical Cancer Screening

- We can perform **cervical cancer screening** (pap smears/tests)
- In Ontario, these are done every 3 years (if abnormal result, repeat pap test is done sooner)
- First pap is between 21 years old and 25 years old; discuss with doctor on when best to get your pap if you have not had one before

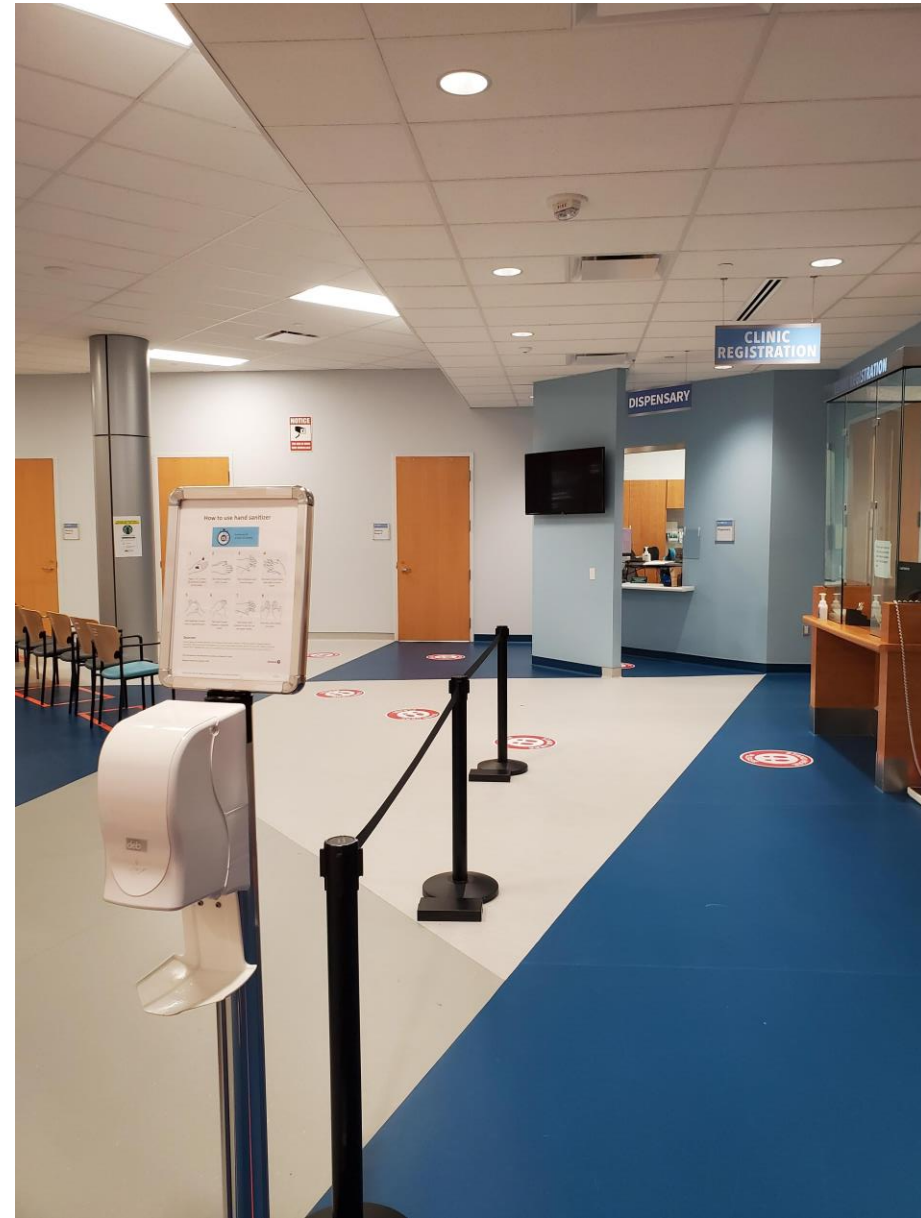


# The Clinic & Pregnancy Testing

- We can perform pregnancy tests at the clinic
- We can also provide referral information for therapeutic abortions
  - Abortions are done at the Pregnancy Options Program/Abortion Clinic at Victoria Hospital
  - **Phone number: 519-685-8204**
- Call the Health Unit at **519-663-5317** to make an appointment!



# ML MIDDLESEX-LONDON HEALTH UNIT

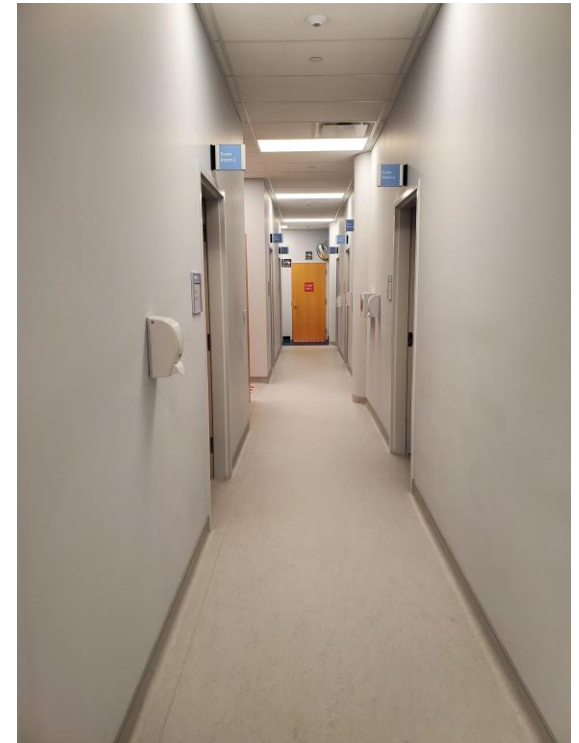




Our dispensary is where you pick up low-cost birth control.



One of the exam rooms.



The clinic space.



# Forms of Contraceptive

- The Pill
- Evra Patch
- Nuva Ring
- Depo-Provera
- Nexplanon Implant (not available at The Clinic yet\*)
- IUD
- IUS
- ECP (emergency contraceptive: Plan B, Ella)
- Condoms
- All options available through our clinic\*

# The Pill

- A combined hormonal method that contains both estrogen and progestin
- **Taken everyday at the same time**
- Prevents ovulation
- Thickens cervical mucous to prevent passage of sperm through cervix
- Typical effectiveness rate is 97%



## Evra

- Hormones are absorbed transdermally- through the skin
- Works in the same way as oral contraceptives
- New patch applied **weekly**
- Prevents ovulation, thickens cervical mucus
- It is 99% effective



# NuvaRing

- Hormones are introduced into the body through a soft, flexible ring that is inserted into the vagina
- Ring sits inside vagina for three weeks, is removed for one week, and a new ring is then inserted (**monthly method**)
- Slowly releases a low dose of estrogen and progestin
- Prevents ovulation, changes uterine lining and thickens cervical mucous
- ~97% effective with perfect use



# Depo-Provera

- An intramuscular injection of progestin **administered every 10 to 13 weeks**
- Prevents ovulation, changes uterine lining and thickens cervical mucous
- ~98% effective



# Nexplanon- Implant

- Tiny & thin rod (about the size of a matchstick) containing progestin that is implanted into your arm
- Prevents ovulation, changes uterine lining and thickens cervical mucous
- **Effective for 5 years**
- More than 99% effective



# IUD- Intrauterine Device

- A plastic T-shaped device with a copper wire that contains no hormones
- Thins uterine lining and thickens cervical mucous
- Inserted into the uterus by physician
- **Can remain in for up to 10 years**, can be used as emergency contraceptive
- ~98% effective



# IUS- Intrauterine System

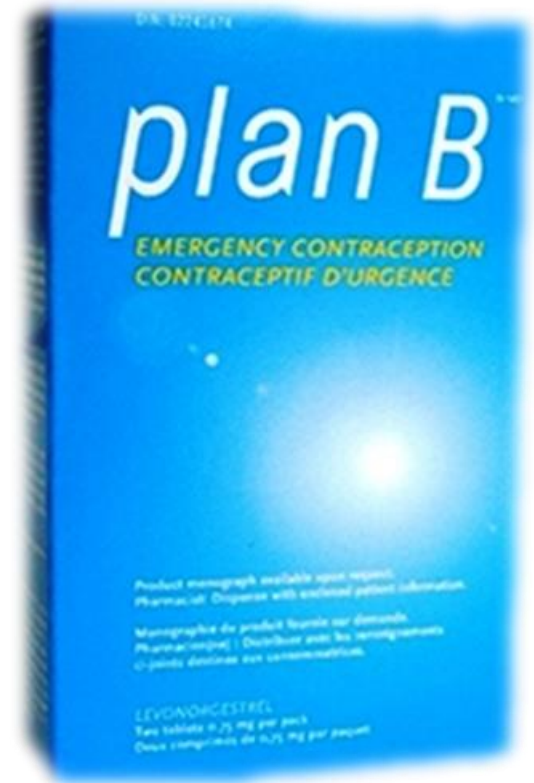
- A plastic T-shaped device containing the hormone progestin
- Thins uterine lining and thickens cervical mucous
- Inserted into uterus by physician
- **Can remain in for up to 5 years**
- ~98% effective





## Plan B

- Also known as the morning after pill or emergency contraception (ECP)
- Main mechanism of action is to stop the release of an egg from an ovary
- Ideally used within 24 hours of unprotected sex or broken condom
- Still very effective up to 72 hours after, may work up to 5 days after but effectiveness drops dramatically
- May be less effective in those 165 pounds or more



## Plan B

- **Plan B is available at The Clinic for \$10.00- no appointment required**
- No prescription is needed so you may be able to access it at many pharmacies – may cost up to \$60.00
- Some walk-in clinics may also carry it

If this is Plan A...



Make sure  
there's a Plan B



## Ella

- Can be taken within 5 days of unprotected sex
- Requires prescription
- Does NOT become less effective over time
- It may be less effective for women 194 pounds or more
- Avoid using if on hormonal birth control (plan B is a better option)
- Compare options:  
<https://www.healthunit.com/emergency-contraceptive>



# Obtaining Contraceptives

- All contraceptive methods (except plan B & Ella) discussed so far require a physician prescription
- Can be purchased at pharmacy or The Clinic
- Many contraceptives are covered by drug plans
- We sell birth control for the lowest cost for those who don't have drug plans/drug coverage

# Obtaining Contraceptives Continued

- Bring in original prescription & pick up (if not covered by drug plan)
- Have Dr. send in prescription & pick up (if not covered by drug plan)
- Make an appt with our clinic for a prescription & can pick up at Clinic or at pharmacy (if covered by drug plan)
- Cost/types of contraceptives are all online:  
<https://www.healthunit.com/birth-control-pick-up-and-purchases>

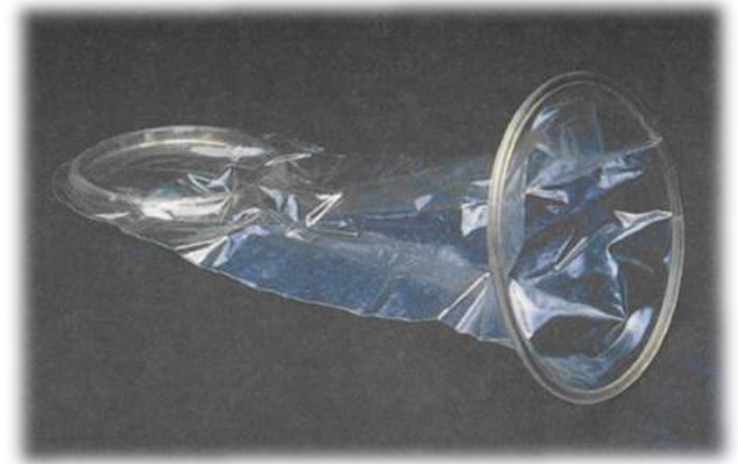
# External Condoms

- Thin latex or polyurethane (non-latex) that fits over an erect penis
- Catches sperm during ejaculation to prevent it from entering the vaginal/cervical canal
- Typical effectiveness is 88%



# Internal Condoms

- Polyurethane sheath that covers the entire length of the vagina
- Provides a physical barrier to prevent sperm from entering cervical canal
- Typical effectiveness rate is 80%



**Thank you!**  
**For questions/inquires,**  
**please reach The Clinic**



**519-663-5317**