FAMILY PLANNING *
WITHIN THE NATIONAL HEALTH SERVICE

* Expression used in Portugal for the life project that each of us outlines for their sexual and reproductive health.

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A. WHAT IS A FAMILY PLANNING CONSULTATION FOR?

It aims at evaluating sexual and reproductive health so that each individual lives their sexuality in a safe and satisfactory way, minimizing the risk of transmitting diseases, promoting desired pregnancies and satisfactory experiences regarding sexual life.

EXAMPLES OF TOPICS THAT MAY BE ADDRESSED IN FAMILY PLANNING CONSULTATION

PRE-CONCEPTION APPOINTMENT	Occurs before pregnancy to anticipate and prevent possible pregnancy complications
FERTILITY TEST	Evaluation for couples who have attempted to conceive for over one year with no success
CONTRACEPTION	A variety of methods to prevent and/or schedule pregnancy
SEXUALLY TRANSMITTED DISEASES	Information regarding the prevention of sexually transmitted infections, requesting suitable diagnostic tests and a suitable approach to each situation
CERVICAL CANCER SCREENING	Gynaecological examination with smear collection of the cervix that allows to detect injuries caused by the human papilloma virus (HPV). In the case of injury detection, guidance regarding the most adequate treatment is provided
SEXUALITY	All situations of malaise that may result from experiences related to sexual intercourse

B. WHEN SHOULD I BOOK A FAMILY PLANNING CONSULTATION?

A family planning consultation is recommended at least every 3 years, if you intend to or have started having sexual relations.

C. WHERE IS THE CONSULTATION HELD?

At the health facility where you are enrolled. The consultation is free.

D. HOW CAN I PREVENT A PREGNANCY?

You can choose a particular contraceptive method amongst the ones available.

When choosing the type of contraception, it is important to clarify all doubts and take into account factors such as the woman's health and the couple's preference in order to reach the safest, most adequate and most appropriate method.

E. WHERE CAN I GET CONTRACEPTIVES?

Many of the methods and devices are provided and applied free of charge at family planning consultations occurring at health facilities.

If considered necessary during the evaluation, a referral may be made for a family planning consultation at the hospital.

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Some methods can be purchased from a pharmacy without a prescription.

F. WHAT CONTRACEPTIVE METHODS ARE AVAILABLE?

There are different methods of contraception, including: with hormones, without hormones and surgical methods. You can find information on the various methods on pages 8 to 15 of this brochure.

G. I HAD UNPROTECTED SEXUAL INTERCOURSE AND I DO NOT WANT TO GET PREGNANT. WHAT CAN I DO IF I HAD UNPROTECTED SEX AND DO NOT WISH TO BE PREGNANT?

Emergency contraception prevents pregnancy in case of unprotected intercourse having occurred. It is non-abortive and does not affect fertility; however, it does not prevent sexually transmitted infections, and shouldn't replace the regular use of contraceptives. It is available in health facilities and pharmacies and reduces the risk of pregnancy by 75-99%.

H. WHEN IS EMERGENCY CONTRACEPTION RECOMMENDED (IF YOU DO NOT WISH TO BE PREGNANT AND HAD UNPROTECTED SEXUAL INTERCOURSE)?

- If a contraceptive method was not used during intercourse
- If the only contraceptive you used was a condom, and it was not properly used (ruptured, or held in the vagina)
- If you forgot to take the combined pill (oestrogen and progesterone) for more than 48 hours prior to intercourse
- If you forgot to take the regular progesterone for more than 36 hours prior to intercourse
- If the placement of the vaginal ring or the transdermal patch was delayed by two or more days
- If you are taking medicines that affect the effectiveness of the hormonal contraceptive

I. HOW LONG AFTER THE UNPROTECTED SEXUAL INTERCOURSE CAN I USE EMERGENCY CONTRACEPTION?

Immediately after and up to 72 hours after unprotected intercourse, the following would be recommended:

- Single-shot (levonorgestrel) over-the-counter pill from the pharmacy and start or continue a contraceptive method and use a condom for 7 days

Up to 120 hours after unprotected intercourse, the following would be recommended:

- Single-shot (ulipristal acetate) over-the-counter pill from the pharmacy and start or continue a contraceptive method and use a condom for 14 days

Up to 5 days after unprotected intercourse:

- Intrauterine device if a long-term contraceptive method is desired.

NOTE: If vomiting occurs within the first two hours after taking emergency hormonal contraception, you may need to repeat the dose.

If the next menstruation is delayed by more than 7 days, or if menstruation does not occur within three weeks after taking emergency contraception, you should carry out a pregnancy test.

Health and future pregnancy are not affected by taking an emergency oral contraceptive.

J. MY PERIOD IS LATE THIS MONTH, HOW CAN I CONFIRM IF I AM PREGNANT?

You can arrange a same-day medical appointment at your local health unit, or go to a pharmacy, where a test may be purchased to confirm the pregnancy.

K. IS IT POSSIBLE TO INTERRUPT PREGNANCY?

In Portugal, voluntary termination of pregnancy, (i.e. If the couple or the woman choose to do so) is legal, if it occurs within the first 10 weeks of gestation.

If you wish to interrupt a pregnancy, a same-day medical consultation should be requested as quickly as possible, so the situation can be evaluated and referred to a maternity interruption consultation. It is also possible to go directly to the unwanted pregnancy consultation at Alfredo da Costa Maternity (contacts can be found at the end of this leaflet).

Interruption is free of charge and is carried out with medication or surgery.

L. I HAD SEXUAL INTERCOURSE WITHOUT A CONDOM AND I'M CONCERNED I MAY HAVE A SEXUALLY TRANSMITTED INFECTION?

Book an appointment to discuss your concerns and address your questions.

If you have had unprotected sex in the last 72 hours and you are concerned about being infected with the human immunodeficiency virus (HIV) you can go to a hospital emergency department to assess the need for post-exposure prophylaxis.

You can also contact the National Health Service line (SNS) 808 24 24 24 for advice.

M. I HAD NON-CONSENSUAL SEXUAL INTERCOURSE YESTERDAY. WHAT NOW?

Evaluation should be carried out as soon as possible at a hospital emergency department. Evaluation is free.

N. I HAVE A SORE ON MY GENITALS OR A DISCHARGE. WHAT SHOULD I DO?

Book a same-day appointment at your local health unit to evaluate the situation. The Lapa Health Centre (UCSP) and Hospital dos Capuchos also have sexually transmitted infection appointments. Contacts can be found at the end of this leaflet.

CONTRACEPTIVE METHODS

O. HORMONAL CONTRACEPTIVE METHODS

They prevent ovulation and, thus, pregnancy. They may contain two hormones (oestrogen and progesterone) or only one hormone (progestogen). The hormones contained in these contraceptives are similar to those produced naturally by women.

WARNING!

Tell your doctor about your current and past health problems and any medication you are taking. This is due to the fact that in some cases contraceptives have side effects, and in others their effectiveness may be compromised when taking other medications.

You should seek medical care if you feel: chest pain, shortness of breath, severe headache or pain, redness and swelling of a leg or arm.

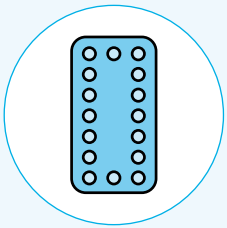
If the contraceptive is started on the first day of menstruation, it will be immediately effective. If you start the contraceptive on another day of the cycle, you need to use another method, such as a condom, for the next seven days.

HORMONE METHODS WITH OESTROGEN AND PROGESTERONE:

These methods allow regular menstruation.

Common side effects: headache, nausea, vomiting, decrease in sex drive. Most of these side effects are transient.

COMBINED PILL



WHAT IS IT?

One pill to be taken orally

HOW TO USE IT?

Women should take it daily for three weeks (21 continuous days) followed by one week (7 days) without taking the pill, during which menstruation usually arises. After 7 days of discontinuation, a new cycle of tablets is resumed.

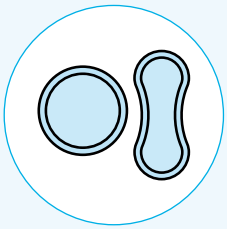
Some pills may have placebo tablets, i.e. tablets without hormones. In this case, taking the pill should not be interrupted.

The pill should be taken at the same time every day in order to be effective.

NOTE: As soon as you stop taking the pill you can become pregnant.

Treatment may lose effectiveness if you experience vomiting or diarrhoea.

VAGINAL RING



WHAT IS IT?

A soft, flexible ring with a diameter of 5,4cm

HOW TO USE IT?

The vaginal ring should be introduced and kept in the vagina for three weeks (21 days). It should then be removed for a period of one week (7 days), during which menstruation usually arises. After 7 days without the vaginal ring, a new ring is introduced by repeating the described procedure.

A vaginal ring is used every month and it should be inserted into the vagina every day on the same day and at about the same time as the previous ring.

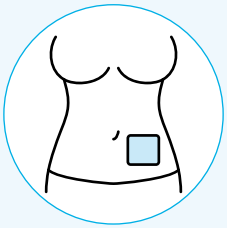
NOTE: Once you remove the ring, you can get pregnant.

It may cease to be effective if, during the three weeks in which the ring should be in the vagina, it is withdrawn for a period of time equal to or greater than three hours.

Its effectiveness is not altered if you have vomiting or diarrhoea.

It may cause itching or discomfort in the genital area and change vaginal discharge.

TRANSDERMAL PATCH



WHAT IS IT?

Thin, square sticker/ adhesive patch

HOW TO USE IT?

Women should have the patch on their skin for three weeks (21 days), followed by a one-week (7 days) interval, where menstruation usually arises. After the 7-day interval, apply a new adhesive and repeat the described procedure.

The adhesive patch should be replaced every week. Thus, a total of three adhesives should be used per menstrual cycle.

It is important to check and ensure every day that the adhesive is well applied.

NOTE: The adhesive should be applied on clean, dry and hairless skin. It can be applied on the outside of the arm, or back, abdomen, buttocks.

The patch can be applied in different parts of the body (as above) each week, to decrease the risk of irritation.

Creams, oils or lotions should not be applied to the skin near the area where you apply the patch.

Do not put the patch on chest or on red, irritated or cut skin.

Discontinuing use of adhesive patch can expose to pregnancy.

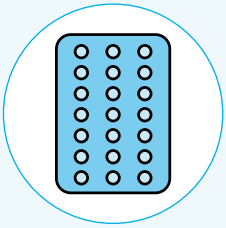
P. HORMONE-ONLY METHODS WITH PROGESTOGEN

These methods are recommended to women who are breastfeeding.

They may also be more suitable for women with anaemia because they often cause amenorrhea (absence of menstruation) during the period of taking.

Most common side effects include: change in menstrual flow, amenorrhea, spotting, weight change.

PROGESTATIVE PILL



WHAT IS IT?

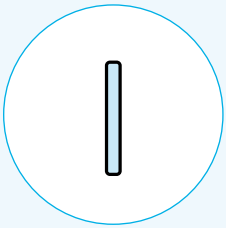
One daily tablet to be taken orally.

HOW TO USE IT?

Women should take the pill every day, without interruption (after finishing a blister, should start the next one on the following day) always at the same time.

NOTE: As soon as you stop taking the pill you can become pregnant.

SUBCUTANEOUS IMPLANT



WHAT IS IT?

Small, flexible, soft plastic rod 4 cm long and 2 mm in diameter

HOW TO USE IT?

The implant should be placed under the skin on the inside of the woman's non-dominant arm, and it will gradually release progestogen.

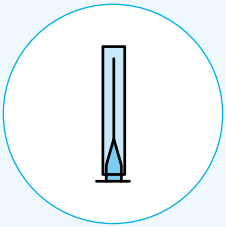
Effective for three years, after which you can remove or replace with another implant or method.

To remove the implant, it is necessary to make a small cut in the skin, which must be carried out by a trained professional.

NOTE: You are supposed to feel the implant under the skin where it was inserted, when you touch it.

If the implant is removed, pregnancy is possible again.

PROGESTOGEN INJECTION



WHAT IS IT?

An aqueous solution.

HOW TO USE IT?

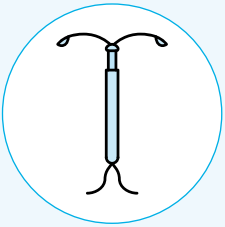
Women should get Intramuscular injections every 12 weeks.

Each injection is effective for three months.

NOTE: Return to previous fertility levels is less predictable.

It increases the risk of developing osteoporosis.

INTRAUTERINE DEVICE WITH PROGESTOGEN



WHAT IS IT?

A small plastic device.

HOW TO USE IT?

A gynaecological examination is carried out to place the device inside the uterus.

It gradually releases the progestogen.

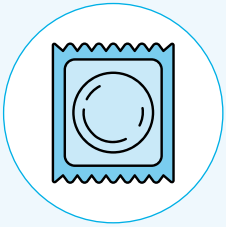
It is effective for at least 5 years, after which you can remove or replace it with another device or method.

NOTE: There is a risk of dislocation or perforation of the uterus (it happens to 1 in 10000 women with this device).

Q. NON-HORMONAL CONTRACEPTIVE METHODS

Non-hormonal methods that interfere with the fertilization process. They are devices placed in specific parts of the body.

MALE / EXTERNAL CONDOM



WHAT IS IT?

Very thin latex encasement on the penis.

HOW TO USE IT?

It should be placed on the erect penis before starting oral, vaginal or anal sex.

It should be withdrawn after ejaculation while the penis is still erect (to prevent semen from straying from the condom).

Make sure it is not broken after use (filling with water for example).

Each condom should only be used once.

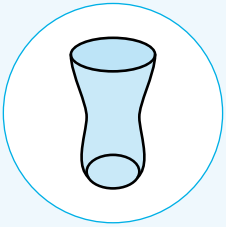
NOTE: Prevents the transmission of sexually transmitted infections.

Always check the expiration date.

May not be effective if misplaced, broken, or moved.

It is usually associated with another contraceptive method to ensure the prevention of pregnancy.

FEMALE / INNER CONDOM



WHAT IS IT?

Thin latex encasement placed inside the vagina

HOW TO USE IT?

It should be placed in the vagina before penetration. It can be placed before there is any sexual contact. It should be withdrawn after ejaculation, using the technique described on the packaging, to prevent the semen from straying.

Make sure it is not broken or punctured after each use (filling with water for example).

Each condom should only be used once.

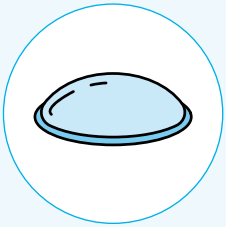
NOTE: Prevents the transmission of sexually transmitted infections.

Always check the expiration date.

It may not be effective if misplaced, broken, or moved.

It is usually associated with another contraceptive method to ensure the prevention of pregnancy.

DIAPHRAGM



WHAT IS IT?

A rubber device with a flexible ring.

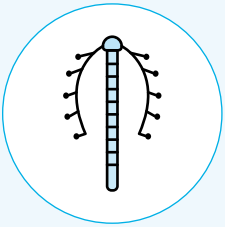
HOW TO USE IT?

It is placed over the cervix with spermicide before sex and left in place for at least 6 hours after having sex.

It should be withdrawn after ejaculation to prevent the semen from remaining in the vagina.

NOTE: It does not prevent the transmission of a sexually transmitted infection.

INTRAUTERINE COPPER DEVICE



WHAT IS IT?

A small plastic device covered with copper or copper and silver.

HOW TO USE IT?

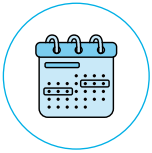
A gynaecological examination is carried out to place the device inside the uterus.

Effective for at least 10 years, after which you can remove or replace it with another device or method.

NOTE: There is a risk of dislocation (or loss of efficacy) or perforation of the uterus (it happens to 1 in 10000 women with this device).

Vaginal discharge and menstrual period may become more abundant.







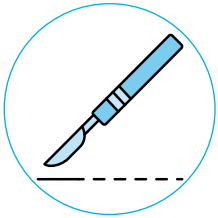
R. OTHER LESS COMMONLY USED NON-HORMONAL METHODS:

Natural methods such as interrupted intercourse, timing/calendar, cervical mucus or basal temperature are all poorly effective

S. SURGICAL METHODS

This is an option for women and men who do not wish to have (more) children. These are simple surgeries performed under local anaesthesia in a hospital setting. Referral will be made by the attending physician for a suitable hospital appointment. No known side effects in the long run. No negative effects on desire and sexual response.

T. PROCEDURE FOR MEN - VASECTOMY



HOW IS IT DONE?

- The channel through which the sperm (vas deferens) passes is cut off, preventing their transferal during ejaculation.
- After surgery the ejaculate will be identical, but without spermatozoa.
- Does not affect sexual potency, ejaculation or orgasm.

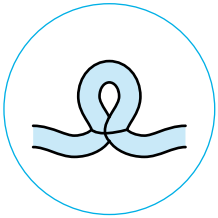
NOTE:

It is important to take a sperm count after about 20 ejaculations to confirm the effectiveness of the vasectomy. Until further confirmation of efficacy, another contraceptive method should be used.

Reverting the method is difficult, expensive and not available in all services.

U. LIGATION / BLOCKAGE OF FALLOPIAN TUBES

HOW IS IT DONE?



- The channel through which the egg passes before it reaches the uterus (fallopian tubes) is cut off or blocked, preventing fertilization.
- It has immediate effect without any hormonal interference and therefore without changing the menstrual period.
- Does not alter sexual desire or orgasm.

NOTE:

Irreversible method.

USEFUL CONTACTS

Sexually Transmitted Diseases / HIV Counselling and Diagnosis Centre

UCSP of Lapa
Address: Rua de São Ciro nº 36, Lisboa 1200-831
Telephone No.: 21 393 12 50
Opening Hours: Monday, Tuesday and Wednesday mornings, on a first-come, first-served basis from 8:00 am (10 tickets available).
Consultation and exams are free of charge.

CHLC Sexually Transmitted Diseases Consultation

External dermatology consultation at Capuchos Hospital
Address: Alameda Santo António dos Capuchos, 1169-050 Lisboa
Telephone No.: 21 313 63 00
Opening Hours: Tuesday between 8:00 a.m. and 12:00 p.m., and Thursday from 8:00am on a first-come, first-served basis.
Consultation and exams are free of charge.

Unwanted Pregnancy Consultation

Alfredo da Costa Maternity
Address: Rua Viriato 1, 1050-010 Lisboa
Telephone No.: 21 318 40 00
Opening Hours: Monday to Friday between 8:00 a.m. and 4:00 p.m..