

## Contraception – links to national guidelines and local services

For prescribing advice, please use FSRH UK MEC guidance (links below) and information for individual medicines in the [formulary](#).

### FSRH Website (Clinical Standards and Guidance section):

[Home - Faculty of Sexual and Reproductive Healthcare \(fsrh.org\)](#)

#### Specific Clinical Guidelines to highlight:

- Switching or Starting Methods of Contraception [here](#). Includes table of bridging methods required when starting or switching contraception.
- Quick Starting Contraception [here](#). Includes Q&A document.
- Method Specific [here](#). Contains full guidance and Quick Reference Summaries for all methods.
- Recommended Actions after Incorrect Use of CHC [here](#)

### Other useful websites/links:

- [Contraception Choices](#)
- [Sexwise](#)
- Over The Counter (OTC) Progesterone Only Pill information [here](#)

### Local services and links:

Sherwood Forest Hospitals' sexual health services [here](#)  
Nottingham University Hospitals' sexual health service [here](#)

- Online sexual health provider [SH24](#) available (free service for City residents).
- [Nottinghamshire C:Card service](#). Free condoms supplied through local pharmacies (Nottinghamshire County residents only).
- Sexual Assault Care:
  - Adults: [The Topaz Centre SARC](#) Tel: 0800 085 9993
  - Children (<18 years): [East Midlands Children and Young People's Sexual Assault Service](#) Tel: 0800 183 0023

### Emergency Contraception:

- FSRH Emergency Contraception Guidance [here](#)
- Oral emergency contraception is ideally accessed on the same day and is available via:
  - SFH [here](#)
  - NUH [here](#)
  - GP practices and some community pharmacies:
    - Patients **≤25 years of age** can obtain emergency contraception tablets from some pharmacies free of charge in Nottingham City and County.
    - Patients **>25 years of age** can purchase over the counter.
    - All patients will be reviewed to determine suitability.
    - Please check the NHS website for a list of local pharmacies and services provided [here](#).
  - SH24 second line option only as delays possible due to it being a postal service for City residents only.

### EM-IUCD fitting:

- Tel 0115 9627627 for an emergency assessment and fitting appointment [NUH](#)
- Tel 016323 672260 for an emergency assessment and fitting appointment [SFH](#)