

Sexual Health is important and this leaflet sets out to provide all the relevant information you may need regarding where to seek support on this topic.

If you are sexually active it is wise to seek regular tests. Using a condom reduces the risk of passing on sexually transmitted diseases, as well as providing protection against unwanted pregnancy.

Our College nurse Anne Harpin can advise on all aspects of sexual health. Please email or ring Anne to arrange an appointment
pml.ladymargarethallnurse@nhs.net
Tel +44 (0)1865 274319
You can also scan a QR code below

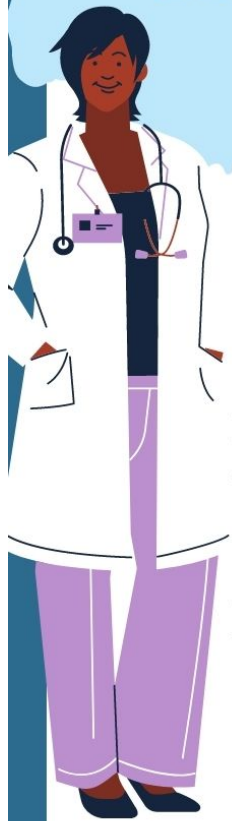


SCAN ME



The **College** doctors can advise on sexual health although they will often refer you to one of the clinics listed in this leaflet.

Banbury Road Medical Centre 172 Banbury Road OX2 7BT
01865 515731 <https://www.banburyroadmc.nhs.uk/>

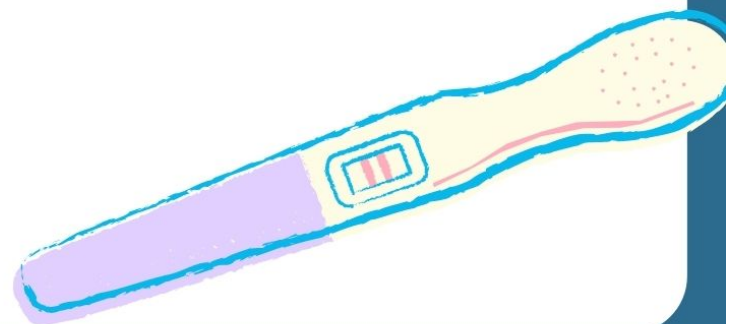


Free Condoms

If you are under 25 years old, you can sign up for a supply of free Condoms.

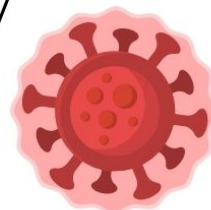
Apply online in the first instance to get a validation code. Then use the code at a participating pharmacy (such as Boots, Cornmarket) <https://www.oxfordshireccard.org.uk/>

Quick easy service - discrete packaging, helpful staff, various sizes & types available, includes lube. Remember, condoms are 98% reliable if used according to instructions and as low as 78% effective if not. Please check leaflet to make sure you are using condoms correctly.



FREE CONDOMS FREE POSTAL TESTING PACKS FOR STUDENTS FITS INTO ANY LETTER BOX (& POSSIBLY A PIDGE)

www.sexualhealthoxfordshire.nhs.uk/sti/kits/



Order a kit to test for:

- **Chlamydia** – a guide by the British Association for Sexual Health and HIV [ct-pil-screen-oct-2016.pdf](https://www.bashhguidelines.org/media/1300/gc_pil_mobile-pdf_02.pdf) (bashhguidelines.org)
- **Gonorrhoea** – a guide by the British Association for Sexual Health and HIV
https://www.bashhguidelines.org/media/1300/gc_pil_mobile-pdf_02.pdf
- **HIV** – health information on the NHS website HIV and AIDS - NHS (www.nhs.uk)
- **Syphilis** – a guide by the British Association for Sexual Health and HIV [sts_pil_non-pregnant_digital_2016.pdf](https://www.bashhguidelines.org/media/1300/gc_pil_mobile-pdf_02.pdf) (bashhguidelines.org)
- **Easy & discrete service** – self-taken swab for women / urine test for men

Please follow the instructions carefully.

Menstrual Cups.

If you menstruate and would like a free menstrual cup, please contact a JCR rep

Condoms are available from the JCR. You have to go to LMH JCR (wordpress.com) enter the password “lannon15” and then fill out what you want.



EAST OXFORD CLINIC

NHS sexual health service: 30 mins walk from LMH (It is on the Cowley Road). The clinic is not currently offering drop-in appointments please email to book.

<https://www.sexualhealthoxfordshire.nhs.uk/visiting/opening-times-and-how-to-find-us/oxford/>

Offers free contraceptives and other services.

CHURCHILL HOSPITAL – GENITOURINARY MEDICINE (GUM) CLINIC

Offers free contraceptive & other services. Use this clinic if you or your partner have symptoms, or if you want PEPSE (treatment after exposure to HIV).

<https://www.sexualhealthoxfordshire.nhs.uk/clinics/oxford/>

TO CHECK WHICH CLINIC IS RIGHT FOR YOU AND TO FIND FURTHER INFORMATION VISIT: <https://www.sexualhealthoxfordshire.nhs.uk/INFORMATION-ABOUT-SEXUALLY-TRANSMITTED-INFECTIONS>

<https://patient.info/sexual-health/sexually-transmitted-infections-leaflet>

Don't get caught out - get checked out! All services are free to everyone and confidential.

EMERGENCY CONTRACEPTION LEVONELLE: THE 'MORNING AFTER PILL'

Is available from any pharmacy. It is free if you are under 22 years old. The pharmacist will wish to have a brief confidential conversation with you before providing the medication.

Levonelle is thought to prevent:

Up to 95% of pregnancies if taken within 24 hours up to 85% if taken within 48 hours

Up to 58% if taken within 72 hours

For this reason, taking Levonelle three days after unprotected sex may not leave you as wellprotected as you hoped.

Ella One Pharmacies now sell another emergency contraception called Ella One. It can be effective for up to five days (120 hours) after unprotected sex. It costs £28 (free of charge with a prescription).

IUD (Coil) The copper IUD is the most effective form of emergency contraception available. This can be used for up to 5 days after unprotected sex & lowers the chance of getting pregnant by 99.9%.

<https://www.sexualhealthoxfordshire.nhs.uk/contraception/emergency-contraception>