

taking your blood pressure, weight, height and asking about your medical history.

The pharmacist will discuss any concerns you have. For example, you can tell them if you have side effects from your contraception. If you have side effects, the pharmacist will be able to help identify ways of managing these and, if needed, refer you to your GP surgery or sexual health clinic for further support.

Will my information be passed on to my GP?

The consultation is confidential, so the pharmacist will not talk to your GP or share your information without your consent.

If you agree, the pharmacist will send a record of the consultation and the details of any contraception supplied to your GP surgery.

If the pharmacist identifies any health problems, for example, raised blood pressure, they will talk to you about sharing this information with your GP.



Providing NHS services

Free NHS Contraception Service available in this pharmacy

Are you considering your choices or do you need your next supply of your contraceptive pill?

You can now arrange to speak to a pharmacist to help you consider your contraception choices, get started on contraceptive pills or get your next supply directly from this pharmacy.

I want to understand what my choices of contraception are, how can this pharmacy service help me?

This free service may be more convenient than booking an appointment with your GP surgery or at a sexual health clinic (may also be called a family planning or contraception clinic). You can choose a time that suits you, and the service is free and confidential.

Your pharmacist can give the same expert advice about selecting and managing your contraceptive pills as your GP surgery. You can talk to them one-to-one in a private consultation room.

Would I be able to start or switch to a new contraception method?

Yes, the pharmacist can talk through your options and where suitable, is able to start or issue you a different contraceptive pill.

Where necessary, the pharmacist can refer you to your GP surgery or sexual health clinic for other options.

I already use contraceptive pills and have it prescribed, why use this service?

This pharmacy service may be more convenient and accessible than booking an appointment with your GP surgery or at a sexual health clinic for your annual pill check or to get a new prescription. You can choose a time that suits you, and the service is free and confidential.

The NHS has put this pharmacy service in place as a way to reduce demand on GP surgeries.

Who can use this service?

You can use the service if:

- You are considering your choice of contraception and would like advice on your options
- You would like to start taking or restart contraceptive pills
- You are already taking a contraceptive pill that has been prescribed for you by your pharmacy, GP surgery or a sexual health clinic and you need your next supply of contraception.

How do I access this service?

You can be referred by your GP surgery or sexual health clinic or simply walk in and speak to the pharmacy team about the service. We may ask you to book an appointment or it may be possible to just turn up and have a consultation with the pharmacist.

The pharmacist will always be able to advise and support you.

What will the consultation include?

A trained pharmacist will carry out your consultation. They will ask you the same sort of questions as the healthcare professional at your general practice would ask.

An appropriately trained member of the pharmacy team might also carry out some checks – such as