

CHOOSING YOUR CONDOMS

Choose what you want by ticking the right box on the card. There are 10 choices, **plus lubricant**, as below.

- EXT** **Extra:** Thicker than average condom. Supplied with lubricant.
- FLA** **Flavoured:** Can be used for oral sex.
- SEN** **Sensitive:** A thin, extra-fine condom.
- NAT** **Natural:** A latex condom.
- LAT** **Latex-free:** For people with an allergy to latex or rubber.
- INT** **Internal:** These go inside a woman's vagina. Also latex-free.
- VAR** **Variety:** A selection of condoms. A useful starter pack, if you're not sure about which condoms to choose.
- TRI** **Trim:** Shorter length condoms.
- LAR** **Large:** Longer length condoms.
- BLK** **Black-coloured,** larger condoms.
- LUB** **Lubricant**

NOTE: If what you want is out of stock, ask when the next delivery will be or where to find another centre.



You can scan this QR code on a mobile phone camera to go to the Lanarkshire Sexual Health website

SERVICES IN LANARKSHIRE

Info/clinic times: www.lanarkshiresexualhealth.org

C Card

Find centres online and, for Condoms by Post, call: **0300 303 0216**
(see website for up to date centre opening times)

Sexual Health Clinics

Appointments and details: **0300 303 0251**
Textphone (hearing/speech impaired): **07826 874190**
(during office hours, see website for up-to-date times – answerphone out of hours)

Young People Clinics (YP / YP+)

For ages 20 and under. mix of walk-in/appointment clinics – info: **0300 303 0251** or see website

Lanarkshire HIV, AIDS & Hepatitis Centre

Monklands Hospital: **01698 752444 / 752445**
Mon – Fri: 9am – 4.30pm (appointment only)

OTHER USEFUL HELPLINES/WEBSITES

National Sexual Health Line: 0300 123 7123 (Mon to Fri: 9am – 8pm, Saturday and Sunday: 11am – 4pm)

THT (Terrence Higgins Trust): www.tht.org.uk
0808 802 1221 (Mon to Fri: 10am – 6pm)

LGBT Helpline Scotland: www.lgbthealth.org.uk
0800 464 7000 (Tues, Wed and Thurs: 12 – 9pm, Sunday: 1 – 6pm)

NHS 24: www.nhs24.scot, call 111 (24hr)

If you need this leaflet in another print size, language or format, please call: **0300 303 0216** or email: shwebsite@lanarkshire.scot.nhs.uk

FROM ANY C CARD CENTRE

NHS
Lanarkshire



FREE CONDOMS NO FUSS

Further information: **0300 303 0216**
www.lanarkshiresexualhealth.org

Clinic appointment: **0300 303 0251**

Clinic Textphone: **07826 874190**
(for hearing/speech impaired)

Calls to 0300 should cost the same as numbers starting 01 or 02

Also available by post



See inside for details

CONDOMS AND THE C CARD SCHEME

Condoms can protect you from **most** sexually transmitted infections, **some** of which are on the increase in Lanarkshire. Condoms can also prevent unintended pregnancy, if used correctly.

The C Card scheme allows you to get condoms and lubricant for free, with no fuss. You can get a C Card from any C Card centre and other public buildings. You don't need to be registered or give your name.



How to use your C Card

Using your C Card can save the embarrassment you may feel when asking for condoms.

Instructions:

- 1 Tick your choice of condoms on the back of the C Card.
- 2 Choose a C Card centre (to find out where they are, call **0300 303 0216**, scan the QR code or see **www.lanarkshiresexualhealth.org**).
- 3 At the C Card centre's reception/counter, hand over your C Card.
- 4 You'll be given your condoms in a plain bag (and get your card back to use again).

Don't worry if you don't have a C Card, all you have to do is ask for free condoms at a centre where you see the sticker

Free Condoms No Fuss Available Here.



C Card by Post

Condoms can be posted to anyone with a Lanarkshire address. Please call: **0300 303 0216** and leave a message or email: **freecondoms@lanarkshire.scot.nhs.uk**



Using lubricant

When using a condom for anal sex, always use lubricant. If you find sex uncomfortable, using lubricant may help. Don't use any other kind of cream or jelly, unless it's water-based, or your condom could break down.

Protecting yourself and others

The C Card scheme is based on respecting and protecting yourself and others. **Users of the scheme will be treated in confidence and with respect. We expect staff providing the service to be treated with the same respect.** Staff have the right to refuse condoms to anyone who acts in an aggressive or disrespectful way.

If you're a gay or bisexual male

Get Rubbered can post free condoms and lubricant direct to your address in a discreet wrapper, confidentially, at no cost.

To register, visit: **www.getrubbered.com** and complete the online form.



EMERGENCY CONTRACEPTION

Emergency contraception is for a situation when you had sex without using contraception or your usual contraceptive failed (for example, condom has burst or come off). It is used to try and prevent pregnancy. There are 3 types of emergency contraception available throughout Lanarkshire.

Emergency Pill (Levonelle 1500)

One tablet works up to 72 hours (3 days) after unprotected sex. It is more effective the sooner it is taken. The emergency pill is available free from your doctor, Out of Hours service and Sexual Health clinics. It is also free in most pharmacies in Lanarkshire. Just ask to speak to the pharmacist.

ellaOne

This emergency hormonal contraceptive pill is only available from Sexual Health clinics. It works up to 120 hours (5 days) after unprotected sex.

The Emergency IUD (Copper Coil)

It works up to 120 hours (5 days) after unprotected sex. It is available at Sexual Health clinics and sometimes your doctor. But don't delay, make your appointment as soon as possible. The copper IUD is the most effective form of emergency contraception as the tablets do not work if ovulation has already occurred.

Where Can I Get Emergency Contraception?

You can get it free from:

- Pharmacies (emergency pill Levonelle 1500 only).
- Sexual Health clinics (see back of leaflet).
- Your doctor (GP) or A&E.

Remember...

Emergency contraception won't protect you from sexually transmitted infections. It's only used if you've had unprotected sex or contraception has failed.