

C-Card? : free condoms ... The card service ... pick-up points .. protect yourself and your partner ... sexual health services ... emergency contraception ... how to put a condom on ... / Edinburgh Healthcare NHS Trust, Take Care campaign (Lothian Health Promotion Department).

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C card

Free Condoms

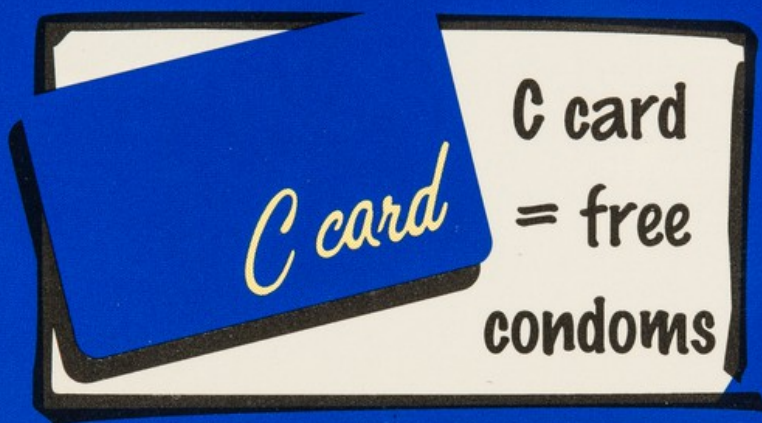
Take this card along and get free condoms from any C card Pick-Up Point, or give it to a friend.



To find your nearest Pick-Up Point call the NHS Helpline: **0800 22 44 88**. This number can also be used to ask any general health questions.

The C card Service

The C card service is confidential. It offers free condoms and gives information on sexual health.



CONDOMS AVAILABLE:

Extra Strong Condoms

Wider Condoms

Ribbed Condoms

Hypo-Allergenic Condoms

Pick-Up Points

C card is available from Pick-Up Points around the Lothians including Family Planning, 18 Dean Terrace, Brook Advisory, 2 Gilmore Place, and the Exchange, Lady Lawson Street.

All the information needed to get a C card is your date of birth and your postcode. This information is used to attract money for the service.



C card

To find your
nearest Pick-Up
Point call the
NHS Helpline:

**0800
22 44 88**

Protect Yourself and Your Partner

CONDOMS CAN PREVENT:

Pregnancy; Cervical Cancer

AND Sexually Transmitted Infections:

Chlamydia; Genital Warts;

Genital Herpes; HIV; Hepatitis B;

Gonorrhoea; and Syphilis



Sexual Health Services

**PHONE ANY
OF THESE
SERVICES
FOR AN
APPOINTMENT**



BROOK ADVISORY - tel: 0131 229 3596

FAMILY PLANNING CLINICS - tel: 0131 332 7941

Both offer: Contraception and Advice; Pregnancy Testing; Help with unintended pregnancy; relationship difficulties; Emergency Contraception. Family Planning Clinics also offer HIV Testing.

GUM CLINIC - Royal Infirmary

men tel: 0131 536 2103, women tel: 0131 536 2104
provides counselling, information, and testing for
all sexually transmitted infections.

Emergency Contraception

If you have had sexual intercourse...

- **WITHOUT USING BIRTH CONTROL**
- **OR THE CONDOM BURST/CAME OFF**

then go to...

FAMILY PLANNING CLINIC - tel: 0131 332 7941 or

BROOK ADVISORY - tel: 0131 229 3596 or

GUM CLINIC - women's line - tel: 0131 536 2104

BEFORE 72 HOURS ARE UP.

**EMERGENCY
CONTRACEPTION
CAN PREVENT
PREGNANCY**

How to Put a Condom On

Always use condoms that are in date.

1



Push the condom down before opening the foil.

Open the packet carefully - watch those fingernails, and no teeth!

2



Put the condom on when the penis is hard, and before having intercourse.

3



Pull back the foreskin.

With one hand pinch the teat of the condom with thumb and finger to expel the air.

4



Then with the other hand, roll the condom all the way down to the base of the penis.

5

Sometimes there might not be enough natural moisture around. If you want to make things more slippery, use a water based lubricant such as **KY Jelly**.

N.B. Oils destroy rubber, so don't use oil based products such as Vaseline, sun tan lotions and hand creams.

6

After coming, pull out the penis before it becomes soft, holding the condom firmly around the base. Slide off the condom, wrap it in a tissue and put it in the bin.



Lubricants

Most condoms have a slippery coating called lubricant.

Lubricants make sex more comfortable. You may decide to use an additional lubricant if you or your partner are dry.

Lubricants available are KY and Pearce.



Spermicides

Spermicides offer extra protection against pregnancy and sexually transmitted infections including HIV. Some people find that using spermicides makes them itchy and sore. If this happens to you, use a hypo-allergenic condom or a condom without spermicide.

Kitemark and Expiry Date

ALWAYS use condoms with a BSI kitemark, (E) mark, or both.

(E) is the European safety standard mark.

ALWAYS check the expiry date on the condom packet and on the foil wrapper.

