

Tell your friends about this condom/pill pack : to get one, they just need to ask their GP or family planning doctor / Lothian Health.

Contributors

Take Care (Health Campaign)
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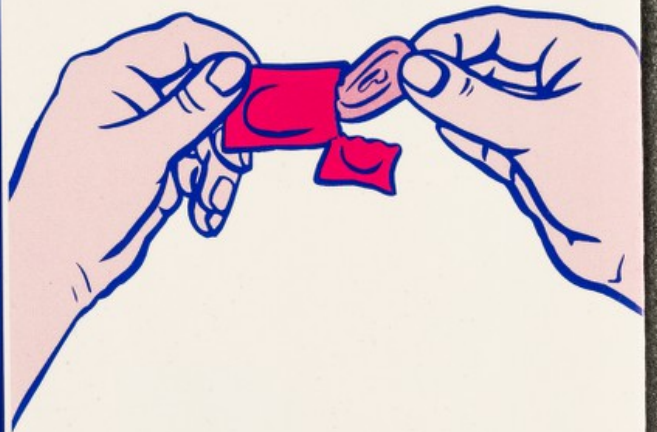
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**Tell your friends about
this condom/bill pack.**



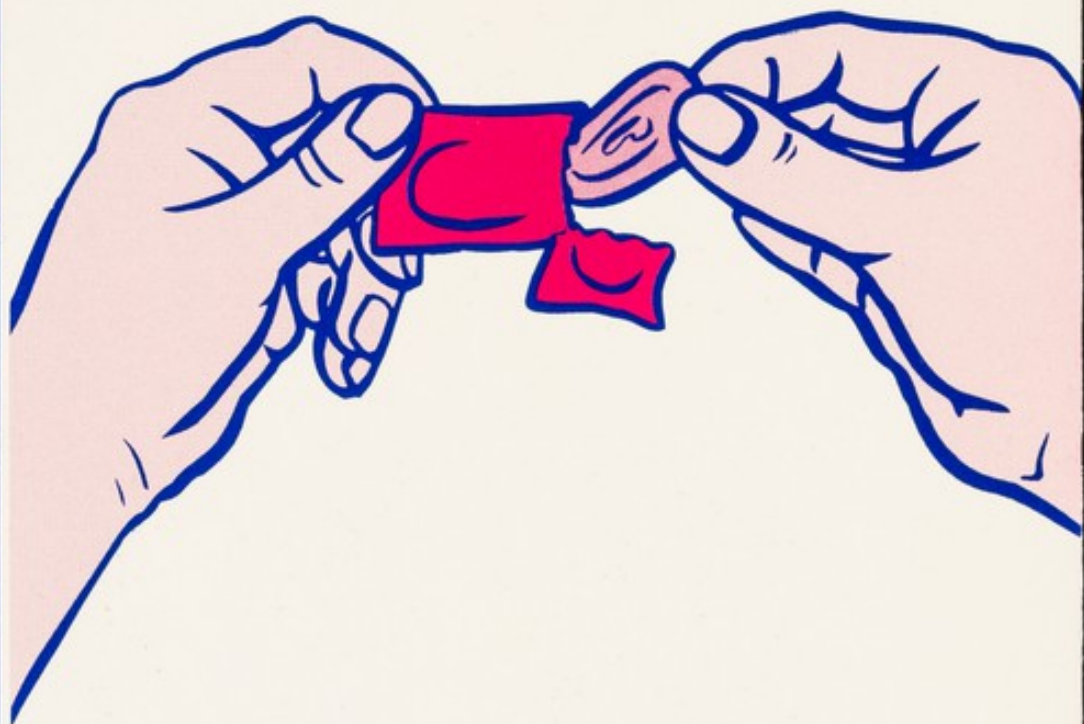
ABOUT **THE CONDOM**



**Tell your friends about
this condom/pill pack.**

**To get one, they just need to ask
their GP or family planning doctor.**

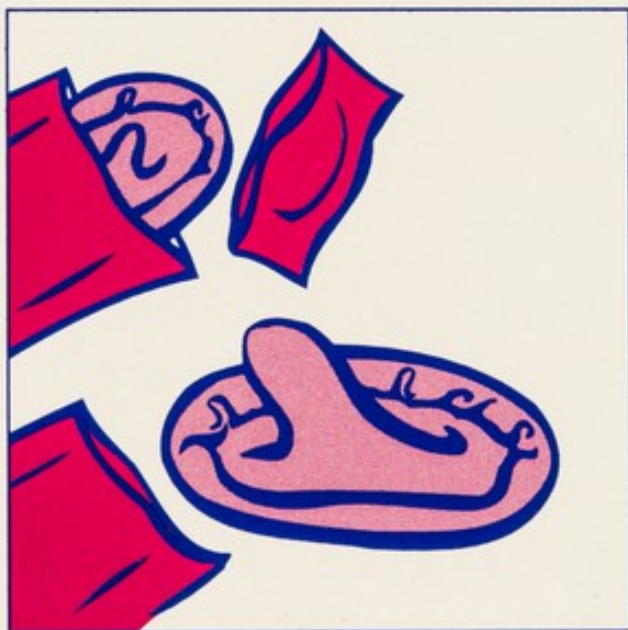




ABOUT **THE CONDOM**



COME SAFELY - PUT THE CONDOM ON WELL



Take care not to tear the condom
when opening the foil pack.
Do not unroll the condom before
putting it on.



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



Make sure you hold the condom by the teat to expel any air.

Air left in can make it burst.

Roll back the foreskin, if there is one, and place the condom on the penis



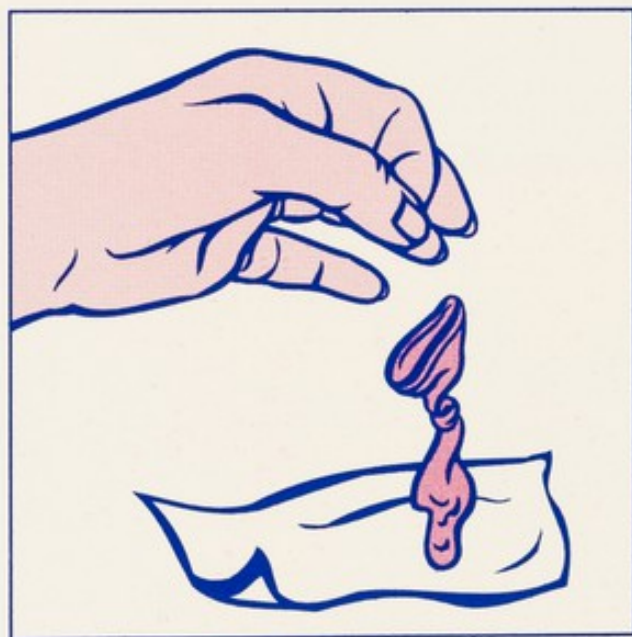
Roll the condom all the way down to the base of the penis



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 such as Vaseline, sun tan lotions and hand creams.



After coming the condom needs to be gripped at the base and the penis withdrawn before it goes soft.



Slide off the condom, tie a knot in it, wrap it in a tissue and put it in a bucket.



ABOUT **THE PILL**



ABOUT **THE PILL**

This leaflet is about the **COMBINED** pill.
The combined pill contains two hormones –
oestrogen and progestogen.

The other main type of contraceptive pill –
the progestogen only pill – contains only one
hormone – progestogen. It is prescribed less
often and is not covered by this leaflet.

**YOU'VE DECIDED TO GO ON THE PILL TO
PREVENT PREGNANCY. WHAT HAVE YOU DECIDED
TO DO TO PREVENT SEXUALLY TRANSMITTED
DISEASES LIKE HIV AND CERVICAL CANCER?**

SEE THE OTHER SIDE OF THIS LEAFLET.

STARTING THE PILL

- If you are starting the pill for the first time, take the first pill on the first day of bleeding of your next period.

CHANGING THE PILL

- If you are changing from one pill brand to another, finish your old pack then start the new pill the next day without any pill-free days.

EVERY MONTH

- Take one pill each day.
- Take it at the same time each day.
- You then have 7 pill free days before you start your new pack on the 8th day.
- You start each pack on the same day of the week.

FIND A TIME EACH DAY TO TAKE YOUR PILL AND STICK TO IT. KEEP IT IN A HANDY PLACE.

REMEMBER, IT IS THREE WEEKS ON THE PILL / ONE WEEK OFF / THREE WEEKS ON / ONE WEEK OFF.

WHAT TO DO IF YOU MISS A PILL

How late are you taking your pill?

Less than 12 hours late

- Don't worry
- Take the delayed pill now
- Take the rest of the pills as usual

More than 12 hours late

– or more than one pill missed

- Take today's pill.
- Throw away any missed pills
- Continue taking your pills as normal but use extra contraception, e.g. condoms for the next 7 days.

WHAT TO DO IF YOU HAVE A STOMACH UPSET

- Contraceptive effect may be reduced. Continue taking your pill as normal but use extra contraception, e.g. condoms, while you are unwell and for the next 7 days.
- If during these days you finish the pack, then start the next pack the next day, without any pill-free days.

OTHER MEDICATION

Some regular medication may make the pill less effective and your doctor will discuss this with you.

Some treatments given in short courses, especially antibiotics, may make the pill less effective. If you need to take any other medication while you are on your pill ask your doctor for advice about the need for extra contraception.

FOR THE PILL TO WORK IT NEEDS TO BE TAKEN REGULARLY AND TO BE ABSORBED INTO YOUR SYSTEM, SO FORGETTING TO TAKE IT OR HAVING A STOMACH UPSET CAN AFFECT HOW WELL IT WORKS.

EMERGENCY CONTRACEPTION

If you have sexual intercourse:

- without using contraception or
- the condom burst or came off.

Emergency contraception can prevent pregnancy. Treatment will be effective within 72 hours (3 days) after intercourse.

Emergency contraception is available from the Family Planning Service, the Brook Advisory Centre, or your GP. Contact numbers overleaf.

For free emergency contraception or condoms contact:

Brook Advisory Centre

2 Lower Gilmore Place, Edinburgh

Tel: 0131-229 3596

Mon, Tues, Fri, Sat: 9.15 to 11.50 am

Thurs: 12.30 to 3 pm and 6 to 8 pm

Mon, Tues, Wed: 7 to 9 pm

Family Planning Clinic

Dean Terrace Centre

18 Dean Terrace, Edinburgh

Tel: 0131-332 7941 or 0131-343 6243

Mon - Thurs: 9 am to 8 pm

Fri: 9 am - 4 pm

Sat: 9.30 am - 12.30 pm

You can also ask for a C card - a plastic card which you can use to get free condoms from various pick-up points. To find your nearest C card pick-up point 'phone 0131-229 5686.



Always use condoms with a BSI kitemark on the pack.

Always check the expiry date on the condom packet - or on the foil around the condom.



